Heat Safety

With the high temperatures and high humidity this time of year heat related illness is a central concern. This sheet will offer guidelines to help prevent your athletes from succumbing to a heat illness.

The follow chart should be used when practicing outside.

- Wear light loose fitting clothing
- Drink at least 17oz of water 1-2 hours prior to practice.
- Modify activities according to heat index
- Water breaks every 15-20 mins
- Acclimatization (physiological adjustment to the heat)
- Practice early in the day or later in the evening.

FYI

- The highest heat indexes are usually between 1 and 7 pm.
- Acclimatization takes about 7-10 days and is a slow progression increasing in intensity and duration (see ATC).
- We are equipped with a digital Heat Index Monitor that enables us to measure the humidity and ambient air temperature, this is another tool used to determine athlete safety.
- Practice intensity should be modified using the Heat Index recommendations (see figure 1).
- Most adverse heat reactions occur in the first few days of practice.

WORK TO REST RATIO USING WBT

Under 60F: no limit for moderate, 40/20 for high intensity.
61-65F: 50/10min for moderate 30/30 for high intensity.
66-70F: 40/20min for moderate, 30/30 for high intensity.
71-75F: 30/30min for moderate, 20/40 for high intensity.
75 + F: 20/40min for moderate, 10/50 for high intensity.

WARNING SIGNS!

- Headache, Visual disturbance, Unsteadiness, Diarrhea, Weak rapid pulse, Faintness, Nausea, Collapse, Cramps, Chill, Mental slowness, Fatigue, Seizures, Pale color, Bluish appearance, Incoherence,

If any of these signs are present stop activity immediately. Place the athlete in a cool environment and give cold fluids. Call the ATC or Public Safety.

If athlete becomes unconscious call Public Safety and attempt to cool body with Ice, full body emersion, and fanning. Get to hospital ASAP.

If you have any questions or concerns about heat illness or practice modification please contact me.

Thanks,
Brandon T. Aiken ATC, CSCS