



Heat Illness

Cool First Transport Second

Prevention/ Preparedness

- All athletes should complete a thorough pre-participation exam to identify risk factors or history of heat illness, including sickle cell trait screening
- Acclimatization over 7-14 days with progressive increase in intensity/duration
- Athletes with a fever should not participate
- Appropriate hydration is key to preventing heat illness, including rehydration post-activity
- Work:rest ratio should be modified

- Dietary supplementation should be limited due to increased risk of dehydration
- Admin/coaching staff should be educated on prevention & recognition of heat illness
- Appropriate medical care should be available, and familiar with prevention, recognition & treatment of heat illness
- Cold water tub or tarp should be available for cold water immersion when indicated
 - Ice and cold water should be readily available
- **If heat illness is suspected call for help and cool the athlete immediately**

Exercise Associated Muscle Cramp

Signs/ Symptoms:

- visible muscle cramping in all or some muscle groups
- dehydration
- thirst
- sweating
- fatigue
- lasting for less than 5 mins

Management

- Stop exercise
- Provide sodium-containing beverage
- Recovery often occurs within minutes or hours

Exertional Heat Exhaustion (<105°F)

Signs/ Symptoms:

- fatigue
- fainting/collapsing
- dizziness
- headache
- vomiting
- nausea
- lightheadedness
- low blood pressure
- impaired muscle coordination

Management

- Remove excess clothing and equipment
- Move athlete to a shaded, cool area
- Use fans, ice towels or ice bath to assist with cooling
- Monitor vital signs
- If athlete does not improve rapidly call EMS

Download

OSHA Heat Index App to your phone

Heat Syncope (<102.2°F)

Signs/ Symptoms:

- experience a brief episode of fainting
- dizziness
- tunnel vision
- pale or sweating skin
- decrease pulse rate while in heat or post-vigorous exercise

Management

- Move athlete to a shaded area
- Monitor vital signs
- Elevated the legs above the heart
- Cool skin
- Rehydrate
- Recovery often occurs within hours

Exertional Heat Stroke (>105 °F)

Signs/ Symptoms:

- | | |
|-------------------------------|-------------------------|
| • disorientation | • apathy |
| • confusion | • aggressiveness |
| • dizziness | • hysteria |
| • loss of balance | • delirium |
| • staggering | • collapse |
| • irritability | • loss of consciousness |
| • irrational/unusual behavior | • coma |

Management

- **Activate EMS**
- Remove excess clothing/ equipment
- Fully submerged athlete in cool water tub or use TACO method (tarp assisted cooling oscillation)
 - Goal is to lower body temp to <102°F
- **Cool first, transport second**