**HEAT ILLNESS/INJURY**

Extreme heat can be dangerous or even life-threatening for people. Here in Texas, we face dangerously high temperatures in the region which could pose a hazard. It is the number one weather-related killer. Preparations can save lives.

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| **DISORDER** | **CAUSE** | **SIGNS** | **TREATMENT** |
| **HEAT CRAMPS** | **EXCESSIVE FLUID LOSS, ELECTROLYTE IMBALANCE, POOR ACCLIMATIZATION** | **PROFUSE SWEATING, CRAMPS IN ABDOMEN AND/OR EXTREMITIES** | **REST IN COOL ENVIRONMENT, DRINK WATER, PASSIVE STRETCHING, STOP ALL ACTIVITY UNTIL CONTROLLED** |
| **HEAT EXHAUSTION** | **PROFUSE SWEATING WITHOUT ADEQUATE FLUID REPLACEMENT, VOMITING OR DIARRHEA** | **WEAKNESS, FAINT,DIZZY, HEADACHE, NAUSEA, PALE, PROFUSE SWEATING. SKIN IS GRAY AND ASHEN AND COLD AND CLAMMY** | **REST IN A COOL ENVIRONMENT, INGEST FLUIDS, SPONGE WITH COOL WATER, DISCONTINUE ACTIVITY** |
| **HEAT STROKE** | **DEPLETION OF WATER STORES, FAILURE OF THE BODY TO COOL**  **THIS IS A MEDICAL EMERGENCY** | **POSSIBLE UNCONSCIOUSNESS, HYSTERIA THAT PROGRESSES TO APATHY, DISORIENTED, SKIN WILL BE HOT AND DRY, PULSE WILL** BE RAPID AND BLOOD PRESSURE WILL DROP | **CALL 911 COOL BY ANY MEANS POSSIBLE DO NOT FORCE FLUIDS IF UNCONSCIOUS** |

*\*\*Encourage your athletes to drink plenty of water before, during and after practice.\*\**

**HEAT POLICY**

The following are the recommendations of the Athletic Training Department for outdoor activities:

* Local temperature and weather can be obtained by: weather.weatherbug.com
  + We highly recommend that you download the weatherbug app to your phone.
* Heat Index of Less than 100 F
  + No restrictions
* Heat Index of 100-105 F
  + High School: Practice limit 2 hours, 5-minute break every 30 minutes, water breaks every 15 minutes
  + Junior School - Practice limit 1.5 hours, 5-minute break every 30 minutes, water breaks every 15 minutes
* Heat Index 105-110 F
  + High School: Practice limit 1.5 hours, alternate between turf and grass fields (20 minutes on/20 minutes off), 5-minute break every 20 minutes, water breaks every 10 minutes.
  + Junior School- Practice limit 1.5 hours, no pads, 5-minute break every 20 minutes, water breaks every 10 minutes.
* Heat Index 110-115 F
  + High School: Practice limit 1.5 hours, no pads, no turf, 5-minute break every 20 minutes, water breaks every 10 minutes.
  + Junior School: No practice outside, inside only
* Heat Index 115 F
  + No practice outside, inside only.