

Highland Park ISD Heat Illness Guidelines

Heat Stroke is caused by high body temperature (103 F or higher), dehydration, and electrolyte loss. **This is a life-threatening situation.**

Signs and Symptoms: Dizziness, weakness, confusion, or having a sense of doom. Skin may be extremely dry and will appear flushed (red). Pulse will be strong and rapid. Temperature will be high and the skin will feel hot to the touch. Loss of consciousness may occur with little warning.

Treatment: Activate EMS immediately. Cool the body down by use of cold water immersion, or ice towels and ice packs placed along neck, armpits, and groin area.

Heat Exhaustion is fatigue and collapse due to loss of body fluids and electrolytes after prolonged exposure to heat. **Activity must be stopped immediately.**

Signs and Symptoms: Weakness, lack of coordination, skin is usually moist and clammy and may be pale or gray in color. Pulse will be weak and slightly more rapid than normal. Pupils may be dilated. Usually conscious, but may faint. Muscle cramps may occur due to loss of fluids.

Treatment: Remove athlete from the sun and move to the athletic training room or a well shaded area. Take equipment and non-essential clothing off. Cool athlete as quickly as possible, either by ice towels or ice packs placed along neck, armpits and groin area. If athlete is conscious and not vomiting, give cool water to drink.

Heat Cramps are painful, involuntary muscle spasms that usually occur during heavy exercise in hot environments. Inadequate fluid intake often contributes to heat cramps.

Treatment: Rest briefly and cool down, drink clear juice or an electrolyte-containing sports drink, practice gentle range-of-motion stretching and gentle massage of the affected muscle group

What to watch for Regarding Heat Illness

Risk Factors:

- Overweight
- Sick
- Certain medications and/or drugs
- Fatigued
- Asthmatic
- Losing weight
- Dehydration
- Improper Diet

Warning Signs

- Difficulty remembering plays (confusion)
- Inability to perform simple tasks
- Loss of coordination
- Lack of perspiration despite high activity and/or exercise environmental temperature
- Repeated cramping that spreads to multiple muscle groups
- Repeated vomiting

Rehydration Recommendations

During periods of high activity in high stress environments (i.e. 2-a-day practices, outdoor tournaments, etc.) the athlete should weigh themselves pre and post activity wearing the same, dry clothes for each weigh-in session. For each pound (16 oz.) of body weight lost, the athlete should consume 20 oz. of fluid (minimum) in order to replace lost fluid before the next day's competition. Body weight should never decrease more than 5% from one day to the next. If this occurs, then it may be dangerous to continue exercise until the fluid weight is regained