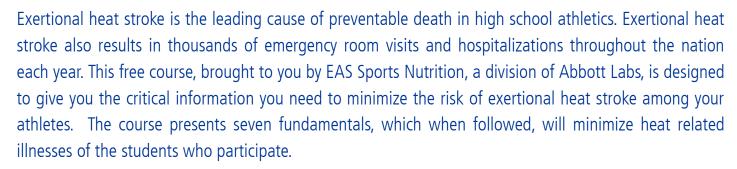




Heat Illness Prevention



Course Objectives

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among athletes
- Know the importance of a formal pre-season heat acclimatization plan
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and providing ample opportunities for, and encouraging, regular fluid replacement

Units

- Fundamentals
 - 1. Start Slow, Then Progress
 - 2. Allow for Individual Conditioning
 - 3. Adjust Intensity and Rest

- 4. Start Sessions Adequately Hydrated
- 5. Recognize Signs Early
- 6. Recognize More Serious Signs
- 7. Have an Emergency Action Plan

More

- Unlimited access to course & resources for one year from date of purchase
- FRFF Course
- Use as an elective to fulfill certification requirements
- Approved by NFHS for 1 course clock hour

More Information at **nfhslearn.com!**