



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.
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing risk factors (e.g., illness, overweight) to keep your athletes safe and performing well.
- Know the importance for all staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illness.
- Know the importance of, and resources for, establishing an Emergency Action Plan and promptly implementing it in case of suspected EHS or other medical emergency.

Unit 1: Course Introduction

Unit 2: Fundamentals

- Overview
- Start Slow, Then Progress
- Allow for Individual Conditioning, Medical Status
- Adjust Intensity and Rest
- Start Sessions Adequately Hydrated
- Recognize Signs Early
- Recognize More Serious Signs
- Have an Emergency Action Plan
- Review

Unit 3: Course Exam

Unit 4: Conclusion

Resources: 3 Types of Heat Illness; 7 Fundamentals Summary; 2011 NFHS Sports Medicine Handbook on Sick Cell; Coach Smart App from Vanderbilt University Medical Center Website; Emergency Action Plan; Emergency Care Plan; FAQ: Web Bulb Temperature Index; Georgia High School Association Instrument Guidelines; Heat Index Chart; Hyponatremia; Position Statement and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness; Position Statement and Recommendations for the Use of Energy Drinks by Young Athletes; Relative Humidity: Wet-Bulb Thermometers or Hygrometers; Sample Emergency Action Plan Posters; The American Academy of Pediatrics Policy Statement on Climatic Heat Stress and Exercising Children and Adolescents; Understanding Sweat Loss.