

Heat Preparedness Reminder

With high temperatures forecast across many parts of the country this week, we wanted to share a few practical reminders to help you keep campers and staff safe, comfortable, and well supported.

Every camp, facility, and climate is different, so please use your best judgment and adjust plans based on local conditions. When temperatures rise, we encourage you to take a proactive approach and err on the side of caution.

Heat Safety Best Practices

- Set up additional shade with canopies or tents wherever possible.
- Keep plenty of ice water and electrolyte drinks readily available and schedule frequent hydration breaks.
- Provide cooling towels, ice-filled coolers, misters, or spray bottles.
- Use hoses or sprinklers for quick cool-down breaks when appropriate.
- Hand out popsicles or electrolyte freezer pops during the hottest part of the day.
- Build in sunscreen reapplication breaks for the entire camp.
- Rotate groups into air-conditioned or indoor spaces whenever available.
- Increase the frequency and length of rest breaks in shaded areas.
- Reduce high-intensity activities during the hottest part of the day and shift to more technical instruction, demonstrations, or classroom-style sessions.
- Consider starting camp earlier or shortening afternoon sessions if temperatures become excessive.
- Encourage families to send campers well hydrated with refillable water bottles, sunscreen, hats, and lightweight clothing.
- Ensure all staff know the signs of heat-related illness and have a plan to quickly cool down any camper who may be struggling.

Helpful Supplies to Have On Hand

- [Cooling Towels](#)
- [Hose Sprinkler](#)

- [Hose Mister](#)
- [Portable Mister](#)
- [Large Canopy](#)
- [Large Fan](#)

Please communicate any schedule changes or additional heat precautions with families and with US Sports Camps. Parents appreciate knowing what steps are being taken to keep campers safe, and proactive communication helps build confidence and trust.

Thank you for staying proactive and putting camper and staff safety first