

Heat Related Emergency Preparedness - Suggested Resource

(As Camp Director/Operator, you alone are responsible for the day-to-day operation of your camp. This document is being provided by US Sports Camps as a suggested resource to support you, though compliance with applicable laws and regulations deserves special attention because they are your sole responsibility. We always recommend that you contact your own lawyer to make sure you understand and comply with all laws applicable to your business. No information that we provide to you in these areas shifts any part of this responsibility from you.)

- ☐ Provide frequent hydration
- ☐ Ensure campers and staff wear appropriate clothing and use sunscreen
- ☐ Schedule outdoor activities with heat safety in mind
- ☐ Train staff to be observant for signs of heat-related illnesses

Heat Index Guidelines

Contact your sports manager if you have concerns about activities in extreme heat.

Heat Index Under 95°

All sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Watch/monitor athletes carefully for necessary action

Heat Index 95° to 99°

All sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action

Contact sports:

- Helmets and other possible equipment removed if not involved in contact
- Reduce time of outside activity. Consider postponing practice to later in the day

Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index

Heat index 100° to 104°

All sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.

- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Alter uniform by removing items, if possible
- Reduce time of outside activity. Consider postponing practice to later in the day.

Contact sports and activities with additional equipment:

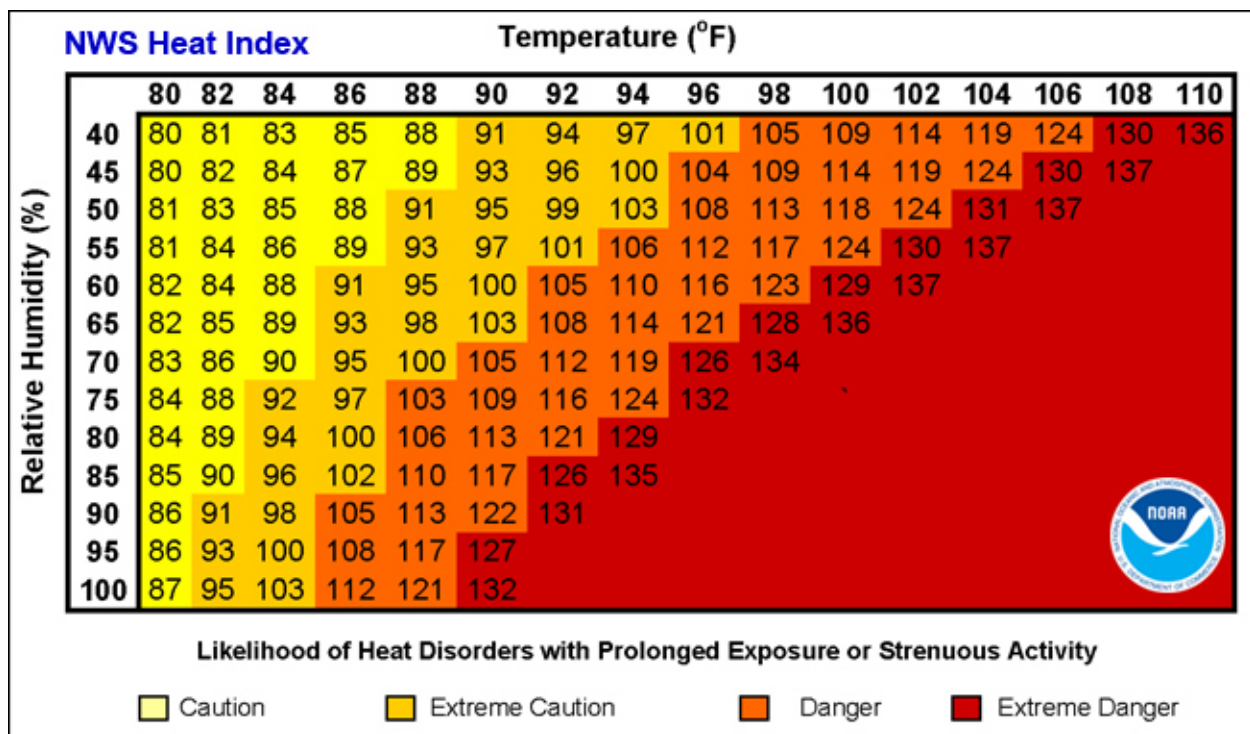
- Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index

Heat index above 104°

All sports:

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.



HEALTH EMERGENCIES

HEAT STROKE: The body is no longer able to cool itself and can spike to 106° in 15 minutes.

The leading PREVENTABLE cause of death in HS athletics!!

Symptoms: Throbbing headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness.

Action: Call 911 or get the victim to a hospital immediately. Ice water immersion in the tub is best, cold towels to armpits and groin, if not available. Strip clothes, and get to a cool place.

HEAT EXHAUSTION: The body's response to an excessive loss of water and salt.

Symptoms: Heavy sweating, weakness or tiredness, cool, pale, clammy skin; fast, weak pulse, muscle cramps, dizziness, nausea or vomiting, headache, fainting,

Action: Move the person to a cooler environment, preferably a well air conditioned room. Loosen clothing. Apply cool, wet cloths or have person sit in a cool bath. Offer sips of water. Seek immediate medical attention if the person vomits, symptoms worsen or last longer than 1 hour.

Heat Exhaustion	Heat Stroke
ACT FAST • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve	ACT FAST CALL 911 • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<i>Dizziness</i> <i>Thirst</i> <i>Heavy Sweating</i> <i>Nausea</i> <i>Weakness</i>	<i>Confusion</i> <i>Dizziness</i> <i>Becomes Unconscious</i>
<i>Heat exhaustion can lead to heat stroke.</i>	<i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i>

Stay Cool, Stay Hydrated, Stay Informed!

Sources:

<https://www.weather.gov/safety/heat-illness>

<https://www.cdc.gov/niosh/topics/heatstress/default.html>

<https://www.weather.gov/ama/heatindex>