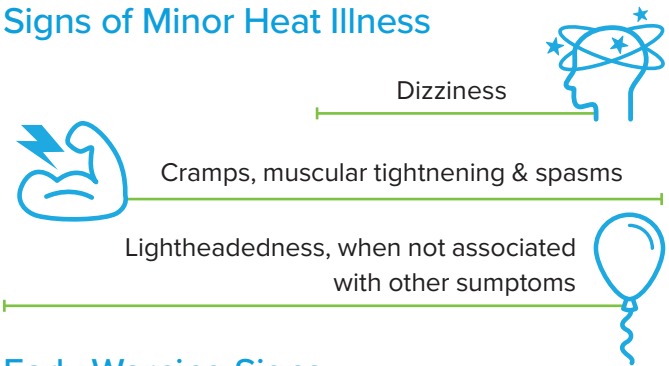


# Exertional Heat Illness

Florida's high temperatures and humidity puts student athletes at an increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe, to heat stroke, which can be deadly. Although heat illnesses can be fatal, death is preventable if EHI is quickly recognized and properly treated.

## Signs of Minor Heat Illness

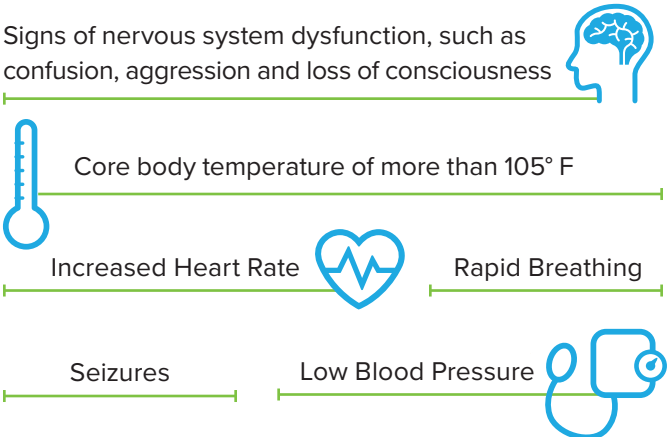


## Early Warning Signs of Exertional Heat Stroke

- Headache, dizziness, confusion and disorientation
- Excessive sweating and/or flushing
- Fatigue
- Nausea and/or vomiting
- Chills and/or goose bumps

## Signs of Exertional HEAT STROKE

Signs of nervous system dysfunction, such as confusion, aggression and loss of consciousness



## EHI Prevention is Key

There are several best practices that will greatly increase the effectiveness EHI prevention:

1. Certified Athletic Trainer on site during all outdoor practices and games.
2. EHI training of all coaching staff
3. Proper hydration of athletes
4. Acclimatization of heat for the first 14 days of practice
5. Shaded area for rest periods

The most effective preventative measure is the use of a **Wet Bulb Globe Thermometer (WBGT)** which measures the environmental conditions including ambient air temp, humidity, direct sunlight, and wind speed.

WBGT temperatures will be taken every 30 minutes during outdoor activities to ensure the safety of those who are participating in exertional athletic activities.

An activity modification schedule has been developed based on the WBGT temperatures. Modifications include increased rest breaks, additional water breaks, restricted use of equipment/gear and possibility the delay of any outdoor activities.

### Emergency Treatment of Exertional Heat Stroke

Exertional Heat Stroke occurs when the body reaches a core temperature of 104° F or higher, effecting the organs and neurological system, potentially leading to death.

Exertional Heat Stroke is 100% survivable when rapidly recognized, rapidly assessed and rapidly treated. The core temperature must be lowered to at least 102° F within 30 minutes of collapse.

Cold Water Immersion (CWI) is the most effective way to rapidly decrease an athlete's core temperature. An athlete is submerged in a tub of water and ice until the athlete's core temperature is lowered to 102° F. Once core temp is lowered, then transport by EMS to local ER.

**Remember: COOL FIRST, TRANSPORT SECOND**



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