

Seasonal CRD Preparedness Tips (August)

Heat-Related Illnesses in Sports

During this season, temperatures will continue to rise and heat related illnesses will also increase. We want to help you take safety measures to secure your loved ones in sports during this season of rising temperatures.

Exercising/Practicing while hot outside

If you feel faint or weak, STOP all activity and get to a cool place

Pace activity. Start activities slow and pick up the pace gradually.

Limit outdoor activity, especially during the middle of the day when the sun is hottest

Schedule workouts and practices earlier or later in the day when the temperature is cooler.

Don't wait until you're thirsty to drink more.

Muscle cramping may be an early sign of heat-related illness.

Monitor a teammate's condition, and have someone do the same for you.

Wear loose, lightweight, light-colored clothing.

Synthetic turf fields absorb heat, resulting in surface temperatures that are much higher.

RISK	WBGT*	MODIFICATIONS*
Minimal Risk	≤ 76.1°F	Normal Activities, no modifications necessary
Low Risk	76.2 - 81°F	Normal Activities/Regular practice/game prep Discretion for Intense/Prolonged Activity; Watch at Risk Players Provide at least 3 rest/fluid breaks each hour of 4+mins each.
Moderate Risk	81.1 - 84°F	Rest/Work ratio to be increased; 15-20 min of activity followed by 4+ min rest/fluid breaks; Practice will be in shorts, helmets, shoulder pads only No equipment may be worn for conditioning activities Maximum length of practice 2 hours
High Risk	84.1 - 86°F	Rest/Work ratio to be increased; 20 mins activity/6+ min rest 20 mins of rest distributed throughout 1 hr of practice Practice will be in shorts only (all protective equipment removed) No conditioning activities Maximum Length of practice 1 hour Change Time of Day activity is held (no practices b/t 11am-4pm)
Extreme Risk	≥ 86.1°F	No Outdoor Workouts May delay practice until cooler WBGT reading occurs



Return to Play Following Exertional Heat Stroke

The following is the protocol for return to play following heat stroke:

1. Refrain from exercise for at least 7 days following the acute event.
2. Follow up in about 1 week for physical exam by licensed physician (MD, DO)
3. When cleared for activity by a licensed physician, begin exercise in a cool environment and gradually increase the duration, intensity, and heat exposure for 2 weeks
4. If return to activity is difficult, consider a laboratory exercise-heat tolerance test about one month post incident.
5. Athlete may be cleared for full competition if heat tolerance exists after 2 – 4 weeks of training.