

HEAT & HYDRATION

- **Take plenty of water breaks during practice.**
- **Use the information provided by the IHSAA.**
 - Heat and Humidity Gauge
 - Heat Index Chart
 - Urine Color Chart

Heat and hydration are a major point of emphasis this year in all sports. Coaches must be sure they take breaks during practice to allow student-athletes to rehydrate.

The Athletic Association also provides gauges and charts to help coaches and student-athletes monitor heat and hydration.

HEAT & HYDRATION

- **Heat-related deaths are preventable if specific steps are taken by coaches and administrators.**
 - Develop an Emergency Action Plan
 - Allow student-athletes to acclimatize to heat and humidity
 - Access to water should never be restricted
 - Student-athletes should be encouraged to take in fluids frequently before and after practices and games
 - Practices should be scheduled at times during the day that minimize exposure to heat and humidity

Medical experts believe heat-related deaths are preventable if specific steps are taken by coaches and administrators.

Those steps include:

Having an emergency action plan

Allowing student-athletes to get used to the heat and humidity

Never restricting access to water

Encouraging student-athletes to drink fluids

Scheduling practices at times that minimize exposure to heat and humidity

Heat & Humidity Pen

Cost = \$75 by contacting the IHSAA



Heat and humidity gauges are available from the Athletic Association to help coaches and administrators monitor conditions at the site practices and contests take place.

HEAT INDEX TABLE

This Heat Index Chart provides general guidelines for assessing the potential severity of heat stress (illness). Individual reactions to the heat will vary. Heat illness can occur at lower temperatures than those indicated on the "Heat Index & Possible Risk" section of this poster.

How to use the Heat Index Chart:

1. Across the top of the chart the air temperature is listed.
2. Down the left side of the chart, the relative humidity is listed.

TAKE TEMPERATURE & HUMIDITY READINGS IN THE SUN, IF PRACTICE WILL TAKE PLACE IN THE SUN.

3. Where the temperature and humidity meet on the chart is the Heat Index.
- The Heat Index is the body's sensation of heat, or "What the temperature and humidity feel like to the body."



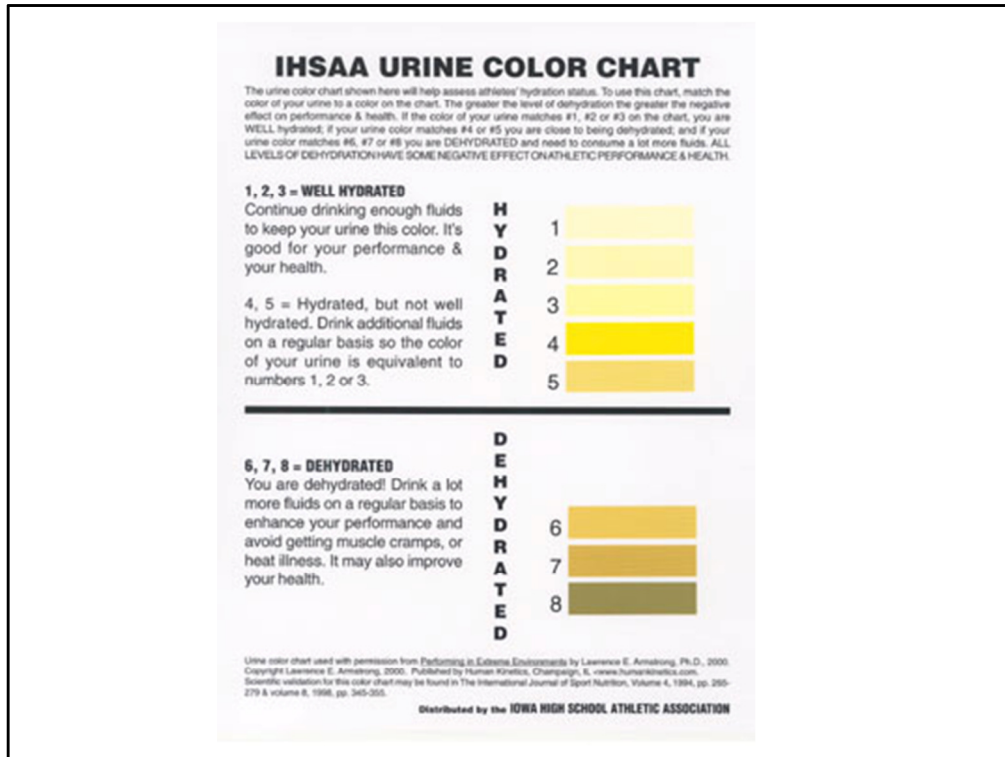
RELATIVE HUMIDITY	AIR TEMPERATURE (In degrees Fahrenheit)										
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
	HEAT INDEX or ("What the temperature & humidity feel like to the body.")										
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136					
90%	71	79	88	102	122						
100%	72	80	91	108							

Source: National Oceanic & Atmospheric Administration

DIRECTIONS FOR USING THE MANNIX THERMO-HYGROMETER

1. Turn the unit on and hold it by its body. DO NOT HOLD IT BY THE SENSOR!
2. Take the temperature & humidity readings in the same location and conditions as practice or competition will take place.
3. Allow 1 to 1-1/2 minutes for the unit to adjust to the current temperature and humidity. TEMPERATURE AND HUMIDITY MAY STILL FLUCTUATE BY SEVERAL TENTHS OF A DEGREE OR PERCENT.
4. Round the temperature and humidity to the nearest number provided on the Heat Index Table.

The heat index table provides coaches and administrators with guidelines to minimize student-athletes' risk of heat illnesses.



Urine color charts similar to the one shown have been sent to all schools to help student athletes monitor their own hydration levels.

HEAT & HYDRATION

- **Use the “BUDDY SYSTEM”**
 - Assign student-athletes a “Buddy” and have them monitor each other for signs and symptoms of heat related problems
- **Signs of Possible Heat Stroke**
 - Altered consciousness
 - Semi-consciousness, confused, irrational behavior
 - Combative
 - Headache, dizziness, weakness
 - Hot skin – with or without sweating
 - Increased heart and breathing rates
 - Nausea, vomiting or diarrhea

Coaches and administrators should implement a system where student-athletes monitor each other for possible signs of advanced heat illness.

Signs of possible heat stroke include:

Altered consciousness

Being combative

Headache, dizziness, or weakness

Hot skin

Faster than normal heart rates and breathing rates

Nausea, vomiting or diarrhea

HEAT & HYDRATION

- **The actions taken in the first 5-10 minutes after recognizing heat stroke are critical to the student-athlete's survival!**
- **Cold water submersion cools the body the fastest!**
 - For student-athletes wearing pads, remove the pads and place the student in a plastic tub of ice and cold water
 - Can also use a piece of plastic with ice and cold water that is held at the corners

The actions taken in the first 5-10 minutes after recognizing heat stroke are critical to the student-athlete's survival!

Cold water submersion cools the body the fastest and should be used anytime a student-athlete is suspected of having heat stroke.

Anything that will hold water and ice, and is large enough to submerge the student-athlete from shoulders to thighs



These are two examples of what can be used to help quickly cool student-athletes.