



Heat Illness Prevention Checklist

Pre-Event Preparation

- Encourage athletes to drink before the onset of thirst and be well hydrated at the start of exercise
- Support proper conditioning and acclimatization procedures
- Support modification of rules during more dangerous weather conditions (graduated plan for increases in number of water breaks, rest breaks and the duration of these breaks as well as a plan for removing equipment in more severe weather conditions)
- Be knowledgeable regarding basic signs and symptoms of heat illness

Ongoing Preparation

- Have weather conditions monitored onsite so that practices/games can be modified accordingly
- Be knowledgeable about the risk categories for heat illness based on weather conditions
- Have alternate plans in place for when exercise modification is needed
- Be knowledgeable regarding how to assess urine color for hydration status and teach athletes how to use urine as a measure of hydration status
- Have a urine color chart accessible for hydration monitoring and education
- Have athletes weigh in and out of practice to monitor if athletes are appropriately replacing fluids (especially during pre-season and early in the season when it is still warm out)

Event Management

- Have carbohydrate-electrolyte drinks available at events and practice longer than 60 minutes or when they are extremely intense in nature
- Implement modification of breaks/equipment based on environmental conditions
- Utilize shaded or environmentally controlled areas during breaks or when possible
- Have an emergency action plan in place to outline procedures to be taken in the event of a medical emergency

Treatment Considerations

- Be familiar with the most common early signs and symptoms of heat illness
- Have the proper, trained professionals onsite to assess athletes who are suspected of having a heat illness (i.e., an athletic trainer or team physician)
- Have the proper equipment (i.e., an immersion tub) to treat suspected heat illnesses
- Update and rehearse treatment plans and protocols on an annual basis

Heat Related Event Reporting Survey

- The following link should be utilized for reporting all events related to exertional heat issues up to and including heat stroke.

[Heat Related Issues Reporting Tool](https://www.surveymonkey.com/s/Exertional_Heat_Illness) or [https://www.surveymonkey.com/s/Exertional Heat Illness](https://www.surveymonkey.com/s/Exertional_Heat_Illness)