

NASHVILLE YOUTH ATHLETICS

Athlete safety is of the utmost importance to NYA. Heat related illnesses are something to be very mindful of during the beginning of cross country season. As summer temperatures soar into the 90's and humidity hangs heavy in the air, we want all of our coaches and parents to be aware of how to monitor heat indexes, watch for signs among our athletes, and make the right choices in regards to cancelling or postponing practices. Listed below are the symptoms and first aid set forth by NOAA. More information can be found at:

<http://www.nws.noaa.gov/om/heat/index.shtml> as well as the CDC website here: <http://emergency.cdc.gov/disasters/extremeheat/faq.asp>. -

During extreme heat coaches should:

- Make sure athletes have ample water to rehydrate during practice
- Provide numerous water breaks and cool down time in the shade
- Provide a cooler with ice water and towels for athletes to use
- Check heat index every 30 minutes and make wise choices about postponing or cancelling practices (heat index chart under coaches page)

Heat-Related Illness Symptoms and First Aid (NOAA)

HEAT CRAMPS

- **Symptoms:**
 - Painful muscle cramps and spasms usually in legs and abdomen
 - Heavy sweating
- **First Aid:**
 - Apply firm pressure on cramping muscles or gentle massage to relieve spasm.
 - Give sips of water, if nausea occurs, discontinue water

HEAT EXHAUSTION

- **Symptoms:**
 - Heavy sweating
 - Weakness
 - Cool, pale, clammy skin
 - Weak pulse
 - Possible muscle cramps
 - Dizziness
 - Nausea and vomiting

- Fainting
- Normal temperature possible
- **First Aid:**
 - Move person to a cooler environment
 - Remove or loosen clothing
 - Apply cool, wet cloths
 - Fan or move victim to air conditioned room
 - Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sunstroke)

- **Symptoms:**
 - Altered mental state
 - Possible throbbing headache, confusion, nausea, dizziness, shallow breathing
 - High body temperature (106°F or higher)
 - Skin may be hot and dry, or patient may be sweating
 - Rapid pulse
 - Possible unconsciousness
- **First Aid:**
 - **Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.**
 - Move the victim to a cooler, preferably air-conditioned, environment
 - Reduce body temperature with a water mister and fan or sponging
 - Use fan if heat index temperatures are below the high 90s
 - Use extreme caution
 - If temperature rises again, repeat process
 - Do NOT give fluids

