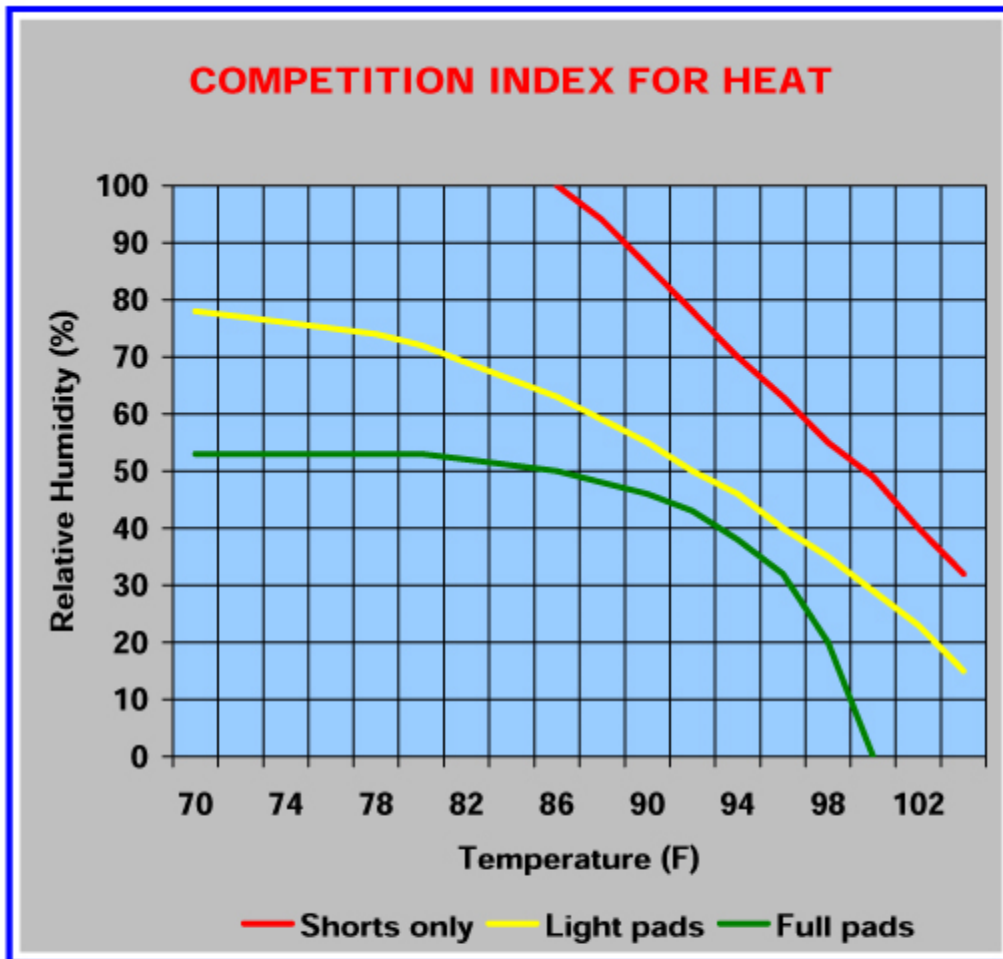


# SHAKOPEE YOUTH FOOTBALL

## HEAT CONCERNS



### Heat Stress Risk Temperature and Humidity Graph

*(Adapted from Kulka And Kenney, 2002)*

- GREEN LINE: Regular practices with full practice gear can be conducted for conditions that plot to the left of the green line.
- RED LINE: Cancel all practices when the temperature and relative humidity plot to the right of the red line; practices may be moved into air-conditioned spaces.
- BETWEEN RED AND YELLOW LINES: Increase rest to work ratio with breaks every 20 minutes and all protective equipment should be removed to practice in shorts only when the temperature and relative humidity plot between the red and yellow lines.
- BETWEEN YELLOW AND GREEN LINES: Increase rest to work ratio with breaks every 30 minutes and wear shorts with helmets and shoulder pads only when the temperature and relative humidity plot between the yellow and green lines.
- Heat risk rises with increasing heat and relative humidity. Fluid breaks should be scheduled for all practices and increased as the heat stress rises.
- Add 5 degrees to temperature between 10 AM & 4 PM from mid May to mid September on bright, sunny days.
- Practices should be modified to reflect the conditions for the safety of the athletes.

### Coaches Checklist:

- Follow the Heat Index shown above
- Watch kids closely
- Take lots of breaks
- Make sure athletes are hydrated
- Athletes who take antihistamines or beta blockers may be at a greater risk
- Trust Kids . . . They know what their bodies can take.
- Don't let peer pressure force kids to make decisions that may cause harm

# SHAKOPEE YOUTH FOOTBALL

## HEAT CONCERNS

<p><b>Heat Cramps</b></p> <p>Heat cramps are muscle contractions, usually in the gastrocnemius or hamstring muscles (the muscles at the back of the calves). These contractions are forceful and painful. These cramps seem to be connected to heat, dehydration, and poor conditioning, rather than to lack of salt or other mineral imbalances. They usually improve with rest, drinking water, and a cool environment.</p> <p>Source: <a href="http://www.drreddy.com/heat.html">http://www.drreddy.com/heat.html</a></p>	<p><b>Heat Exhaustion</b></p> <p>Heat exhaustion usually occurs after prolonged exposure to heat and/or heavy exercise in the heat resulting in increased loss of body fluids &amp; salt through heavy sweating. The signs of heat exhaustion include:</p> <ul style="list-style-type: none"> <li>• Clammy, pale skin that's cool and damp to the touch</li> <li>• Profuse Sweating</li> <li>• Dry mouth</li> <li>• Tiredness(fatigue) - rapid &amp; shallow breathing</li> <li>• Headache and or dizziness</li> </ul> <p><i>How is heat exhaustion treated?</i></p> <p>Children suffering from heat exhaustion need to be removed from the heat immediately and given water to drink and cool compresses on their skin. Fortunately, heat exhaustion is not life threatening, and will resolve with rest, fluids and cooling down.</p> <p>Source: <a href="http://www.drpaul.com/illnesses/heat.html">http://www.drpaul.com/illnesses/heat.html</a></p>	<p><b>Heat Stroke</b></p> <p>Heat stroke is a very dangerous and a potentially life threatening form of heat stress or injury. The body is so overwhelmed by the heat and humidity that it loses the capacity to sweat. This results in very high body temperature which in severe cases can actually cause brain damage and tragically, even lead to death. The signs of heat stroke include:</p> <ul style="list-style-type: none"> <li>• Very high body temperature (103 degrees-F or higher)</li> <li>• Hot, red and dry skin</li> <li>• Absence of sweating</li> <li>• Deep or shallow breathing</li> <li>• A weak pulse rate</li> <li>• Confusion or hallucinations</li> <li>• Seizures</li> <li>• Loss of consciousness</li> </ul> <p><b><i>Heat stroke can occur suddenly and is an emergency requiring immediate medical attention.</i></b></p> <p>Source: <a href="http://www.drpaul.com/illnesses/heat.html">http://www.drpaul.com/illnesses/heat.html</a></p>
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### Prevention of heat injury

*Clearly the best approach is to try to prevent heat injury as it can potentially result in heat stroke which is very dangerous. Here are some ways to prevent heat injury during heat/ humidity waves:*

- Young children and babies should be dressed very lightly and not bundled in blankets or heavy clothing.
- Stay out of the heat and humidity by staying indoors during the hottest time of the day(usually mid morning to mid afternoon).The use of air conditioners if available helps...even for young babies and infants.
- If there are no air conditioners, try to stay at the lowest level of the house as it tends to be cooler. Also, try to keep the house as shaded as possible by closing window blinds and curtains. A fan will help as well.
- Do not stay or leave children in parked cars during hot weather.
- Avoid vigorous exercise in the heat(this includes children as well). If you have a young child or a child with chronic respiratory conditions such as asthma, do not allow them to partake in sporting events or exercise during heat waves especially when there is a heat/humidity advisory in effect.
- Drink plenty of fluids. Water is good. Sports drinks are good too as they contain added salt. It is important to know that children may not feel thirsty but will still need to drink regularly. Avoid salt tablets. Avoid drinking caffeine containing beverages.
- When in the sun keep track of how long a child has been outside. Learn to recognize the signs of heat exhaustion right away so you or your child can get shelter in order to avoid further heat injury. Also, use your common sense and remove your child from the sun/heat as frequently as you think is necessary. Do not over do it.
- If your children are swimming in a pool or beach, you still have to be aware that the high humidity and sun rays are still a potential threat. Proper sun-screen protection as well as frequent rests in the shade are still necessary.
- Children are unable to perspire as much as adults and therefore are more prone to heat stress during exercise than adults. A sensible approach must be used in determining if children can safely partake in sports activities during heat/humidity waves.

Source: <http://www.drpaul.com/illnesses/heat.html>