



RECOGNIZE TO
RECOVER

WEATHER RELATED ILLNESS EMERGENCY ACTION PLAN

HEAT RELATED ILLNESS

Recognize

Heat-related illnesses, such as heat exhaustion and exertional heat stroke (EHS), can be serious and potentially life-threatening conditions which can be brought on or intensified by physical activity. Recognizing the signs and symptoms as early as possible allows for treatment and rapid recovery with hydration and cooling down the individual.

- Early signs and symptoms of heat illness include weakness or fatigue, headache, nausea and dizziness
- Altered mental status, such as confusion, irritability, aggressive behavior, dizziness
- Slurred speech
- Hallucinations
- Loss of balance, falling down
- Throbbing headache
- Body temperature above 104 degrees Fahrenheit
- Complaining of chills, while skin may be warm to the touch

Recover

1. Remove from training and away from the source of heat
 2. Cool in a shaded area using ice towels
 3. Fan or spray with water to bring down body temperature
 4. Provide access to fluids/electrolytes and encourage rehydration
- In severe cases of exertional heat stroke:
1. Remove excess clothing/equipment and immediately begin cooling the athlete by placing them in an ice-water tub
 2. If no tub is present, rotate cold, wet ice towels every 2-3 minutes over the entire surface of the body or as much as possible
 3. Call 9-1-1 – Exertional heat stroke is a medical emergency



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COLD RELATED ILLNESS

FROSTBITE

Recognize

- Swelling/Edema
- Redness or mottled gray skin appearance
- Tingling or burning
- Blisters
- Numbness or loss of sensation

Recover

Gradually rewarm affected area with warm water.

WARNING

- Do not rub or massage the frostbitten area. This may actually increase the damage.
- Do not use heating pads, heat lamps or the heat of a stove, fireplace, or radiator for warming since affected areas are numb and can be easily burned.

*If any of the symptoms persist for longer than a few hours, seek medical attention from emergency department or physician

HYPOTHERMIA

Recognize

- Shivering vigorously or suddenly not shivering
- Increased blood pressure
- Lethargy
- Impaired mental function
- Slurred speech

Recover

- Remove damp/wet clothing
- Apply heat to the trunk of the body, not limbs
- Provide warm fluids and food
- Avoid applying friction massage to tissues

WARNING

Do not use a hot shower or bath to treat hypothermia because it could cause the individual to go into shock.

*If symptoms persist seek medical attention from a physician or Emergency department