

### Training Standards for Heat & Humidity

Temp	% Humidity	Procedure
80 - 90	under 70 %	Be aware of athletes who are obese or not conditioned for vigorous activity
80 - 90	over 70 %	Break every 30 minutes, wet clothes should be changed, and athletes should be monitored closely
90 - 100	under 50%	
Over 90	over 50 %	Shortened practices in lighter clothes, no pads or helmets, or suspend practice

### Heat Stress Syndromes

Disorder	Signs	Procedure
Heat Cramps	Profuse Sweating, Cramps including abdominal and extremities.	Rest in cool area, passive stretching for cramps, re-hydration.
Heat Exhaustion (salt loss)	Weakness, faintness, dizziness, headache, loss of appetite, nausea, profuse sweating, urge to defecate, skin is gray and ashen, cold, and clammy.	Rest in cool area (recumbent), Fluids or IV if unconscious, discontinue activity until under control, adjust diet appropriately.
Heat Exhaustion (water loss)	Skin is hot and dry, small urine volume, excessive thirst, weakness, headache, unconsciousness	Rest in cool area (recumbent), intake fluids, cool cloth or sponge to cool skin, discontinue activity until under control.
Heat Stroke	Emotional instability, irritability, hysteria, progression to apathy, disorientation, unsteady gait, glassy stare, skin is hot and dry, <u>pulse is rapid and full blood pressure falls.</u>	Immediately decrease body temperature, transport to hospital to treat for shock.