



Heat Illness Prevention Protocol

NMAA Bylaw 7.6.21: The athletic trainer and the head coach of each sport and level are responsible for checking the heat index PRIOR TO the beginning of any athletic activity. The heat index for your current location and time can be calculated by entering your zip code into the National Weather Service Heat Index Calculator found on the Sports Medicine page of the NMAA website (www.nmact.org). You may also use the site to calculate for projected high temperatures. If the heat index is above 104, athletic activity must be postponed until later in the day provided the heat index falls to 104 or less. If the heat index is 100-104, consider modifying practices to remove protective equipment and to shorten practice duration. If the heat index is 95-99, use caution, but you may practice. If the heat index is under 95, the risk of heat illness is present, but the risk is greatly reduced. Water breaks should occur every 20-30 minutes during practice. Do not restrict the intake of fluids.

Immersion in cold water is the treatment of choice for management of acute heat exhaustion and heat stroke. Call EMS if you suspect heat illness.

To determine the Heat Index in your area, click on the National Weather Service link below. You can enter the Air Temperature and either the Dew Point or the Relative Humidity and then click the Calculate button. Or, even easier, in the upper left corner of the screen you can enter your Zip Code and then click Go. **Be sure that your computer is using an up-to-date browser.**

National Weather Service Heat Index Calculator:

<http://www.wpc.ncep.noaa.gov/html/heatindex.shtml>

The NFHS has a terrific FREE course called "[A Guide to Heat Acclimatization and Heat Illness Prevention](#)". The NMAA strongly encourages everyone to make use of this FREE resource.