



## 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 practice. If the Heat index is above 104, practice is cancelled. Practice may occur later in the day provided the heat index falls to 104 or less. If the heat index is 100-104, consider modification to remove protective equipment and to shorten practice. If the heat index is 95-99, use caution, but you may practice. If the heat index is under 95, risk of heat illness is present, but risk is greatly reduced. Water breaks should occur every 20-30 minutes. Do NOT restrict 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>.

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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.