HEAT ILLNESS PREVENTION PROTOCOL

The membership of the NMAA voted in 2012 to institute a heat illness prevention protocol for all outdoor sports.

Please be sure that all outdoor coaches are following this important rule for the safety of your athletes:

“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. At the bottom of the NMAA website you will find the heat index link (http://www.nmact.org/heat-index). That link will provide you with a link to the National Weather Service Heat Index Calculator. Enter your zip code and the site will calculate the heat index for current time and provide you with the projected high temperature.

Heat index above 104, practice is cancelled (the athletic trainer has the authority to cancel practice). Practice may occur later in the day provided the heat index falls to 104 or less. Heat index 100-104, consider modification to remove protective equipment and to shorten practice. Heat index 95-99, use caution, but may practice. Heat index 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.

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

Any questions or concerns should be addressed to Scott Owen, NMAA Assistant Director, at:
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