

Summer Heat Acclimation

Happy Summer!

For our outdoor sports (Tackle Football, Flag Football and Cross Country)

Here are some recommendations for helping to prepare our young athletes to navigate the heat come August. You can start preparing them now by acclimating them to the heat before practices begin.

Acclimation

Heat acclimatization involves progressively increasing the intensity and duration of physical activity and phasing in of protective equipment.

Athletes should be exposed to physical activity outdoors 7-14 days prior to starting a workout regimen.

If your athletes is not already outdoors, you can start with just 10-15 minutes a day and progressively increase the time on a daily basis. You can start acclimating morning and early evening. You can start walking then add more cardio type exercise and they progress.

Hydration is key - at this age 8 oz of water every 15 minutes is essential during workouts. A good indication of hydration is “clear” urine. An athlete should be hydrated properly before starting any time of outdoor activity.

If you have any questions your can contact your Coach or the Athletic Director.

All the best,
Mary Jo Kilburn
HFCS Athletics

Attach - Heat Related Illness (what you should know) from the CDC

From Holy Family Athletic Handbook

HEAT AND HEAT INDEX - WEATHER GUIDELINES

- **Heat and Heat Index Weather Guidelines for Elementary and Middle Schools**
- When the Temperature-Heat-Index (THI) reaches 95 degrees, limit outdoor activity. Water/Rest breaks will be provided every 10-15. Maximum of 90 minutes outside.
- When the (THI) reaches 105 degrees, no outside recess or PE or Diocesan sports/ practices for elementary/middle schools.

Temperature Heat Index (THI) will be monitored by the coaches. All coaches and administrative personnel will use the “weather bug” app for the THI reading.

Monitoring of the student athletes will be continuous during any physical activity. All coaches will be educated on the signs and symptoms of exertion heat illness.

These signs and symptoms include (but are not limited to) the list below:

- Temperature of 104
- Rapid pulse, low blood pressure, quick breathing
- Increasing headache
- Dehydration, dry mouth, Thirst
- Confusion
- Decreasing performance
- Disorientation or dizziness
- Profuse sweating - stop sweating
- Loss of consciousness
- Nausea or vomiting
- Muscle cramps, loss of muscle function
- Diarrhea

Any athlete exhibiting these symptoms will be given fluids and cool cloth and taken to a cooler area . They will not resume activity that day. Parents will be notified and an accident report will be filed.