CODE RED

HEAT ALERT

FACT SHEET FOR COACHES

39 deaths were the direct result of heat stroke in U.S. football from 1995 through 2008.

People participating in outdoor activities are more sensitive to heat-related death and illness during an extreme heat event.

Follow these tips to protect your players and prevent heat-related death and illness in football:

Be aware of the weather. If it seems unseasonably warm outside take the following steps to keep your players cool and protected from the heat.

- Practice indoors, practice at a cooler time of day, engage in light walk-throughs or even cancel practice.
- Provide easy access to chilled fluids and enough time for drinking.
- Increase the number and length of breaks or decrease workload during practice.
- Avoid midday practices as it is often the hottest time of the day.
- Have your players get used to heat by increasing workload during practice and exposure to heat slowly over time.

Educate and encourage players to protect themselves by following these simple tips.

- Remove helmets whenever possible during breaks.
- Closely monitor teammates for signs and symptoms of developing heat-related injury.
- Avoid use of stimulants such as ephedrine or caffeine.
- Wear light-colored clothing.

Know the signs of heat-related illness and the first aid response, and share them with all players.

Heat Disorder	Symptoms	First Aid
Sunburn	Redness and pain. Swelling of skin, blisters, fever, and headaches.	Ointments or a dry sterile dressing. Severe cases should be seen by a doctor.
Heat Cramps	Painful spasms of muscles. Heavy sweating.	Firm pressure on muscles, or gentle massage. Give sips of water. If nausea occurs, discontinue use.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale, and clammy. Weak pulse. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.
Heat Stroke	High body temperature (106°F or higher). Hot dry skin. Rapid and strong pulse, possible unconsciousness.	Find emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.

Become "heat aware" by turning to local resources and accessible tools so you know what to do and where to turn when the temperature rises.

For more information visit: http://www.baltimorehealth.org/coderedinfo.html