

Category	Recommendations for Outdoor Practice	Precautions for Athletes	Suggested Fluid Intake for Athletes
<95° Heat Index “Green Flag”	No modifications needed	Low risk	Consume 15-20 fl oz water 2-3 hours before exercise and then as needed during exercise
95° to 99° Heat Index “Yellow Flag”	Lightweight clothing, frequent water breaks, spray bottles to cool body/face/extremities and iced down towels or cold shower for cooling	Moderate to High Risk: Consider modifying practice lengths and intensity levels Workout-to-Rest Ratio 3:1 Heat Index should be rechecked every 30 minutes	Consume 15-20 fl oz water 2-3 hours before exercise and 8 oz 20 minutes before exercise. Continue with fluid replacement of about 30-50 fl oz per hour of activity (20-30 fl oz per hour for 12 yr olds and younger)
100° to 104° Heat Index “Orange Flag”	As above AND consider rescheduling, delaying until cooler, or moving practice inside	Very High Risk: take longer rest periods, reduce practice time, wear loose clothing, have plenty of ice and cold towels available Workout-to-rest Ratio 1-2:1 Heat Index should be rechecked every 30 minutes	As above and mandatory water breaks every 30 minutes for 10 minutes. Ideally provide cold fluids for re-hydration.
>104° Heat Index “Red Flag”	No outdoor practice Boathouse Closed	No outdoor practice Boathouse Closed	No outdoor practice Boathouse Closed

Use Weatherbug.com (or weather.com) to get current humidity and then calculate the heat index using <https://www.wpc.ncep.noaa.gov/html/heatindex.shtml> Or see accompanying Heat Index Table.

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.

Exertional Heat Illness	Definition/Description	Signs/Symptoms	What to Do
Heat Cramps	Exercise-associated muscle cramping	Intense muscle pain and spasm (not associated with acute muscle strain or injury) with NO signs of heat stroke or heat exhaustion	Hydrate with fluids and replace salt losses; relax/stretch/massage involved muscle
Heat Syncope	Exercise-associated passing out when the athlete cannot stand or walk because of lightheadedness	Passing out or near passing out usually occurring immediately after completing a workout with usually only mildly-elevated core temp (<101°)	Have the athlete lay down and elevate their legs; cool with iced towels if needed. If not recovered in 10-15 minutes or showing any signs of heat exhaustion/stroke, transport to hospital
Heat Exhaustion	Exercise and heat stress associated with the inability to maintain adequate cardiac output	Athlete has difficulty continuing exercise, core body temp 101-104° at time of symptoms, with high heart rate, pale skin, headache, abdominal cramps AND <u>lack of confusion or any central nervous system signs/symptoms</u>	Have athlete lay down and elevate their legs; cool down with iced towels or cold water with fan until body temp <101°; hydrate with cold liquids. Move to air-conditioned area as soon as possible. Transport to emergency department if not rapidly improving.
Heat Stroke	Exercise and heat stress associated with multisystem illness characterized by high body temp and central nervous system dysfunction +/- other organ dysfunction	Core temp >104° PLUS central nervous system dysfunction (confusion, disorientation, irritability, headache irrational behavior, seizure, coma)	Start aggressive cooling measures immediately and call 911. Iced towels, iced bath, cold hose water if available while waiting for EMS to arrive. DO NOT DELAY COOLING WHILE WAITING FOR EMS

If athlete experiences any of the above Environmental Heat Illnesses, they may not resume practice that day