



Lake Forest High School

**Athletic Trainers
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MEMO TO: All Coaches

FROM: Jeff Dooley & Jennifer Regan, Athletic Trainers

RE: Heat Index

The combined effects of humidity and temperature can pose serious health risks. Attached is a guide to help gauge when the temperature and humidity can pose a risk to your athletes. Table 1 displays the heat index and how it relates to potential illness. Table 2 discusses how best to modify practices to prevent problems. Table 3 shows the signs, symptoms and first aid for heat illness. We hope you find these useful.

You can find the heat index through the Weather Channel, either through the Internet (<http://www.weather.com/weather/local/60045?whatprefs=>) or the television. On the net it will say, "feels like" under the actual temperature. That is the heat index. If you have any question feel free to contact one of us.

Table 1: Heat Index and Potential Heat Illnesses		
Heat Index	Danger Level	Symptoms
Above 130	Life threatening	Heatstroke possible with only brief activity
105 - 130	Extreme danger	Heat cramps, exhaustion, headaches after brief activity
90 - 105	Danger	Heat cramps, exhaustion, headaches after prolonged activity
80 - 90	Caution	Exercise causes fatigue more rapidly

Information from [NOAA](#)

Table 2: Heat Index and Activity Restrictions		
Heat Index	Color Code	Restriction
105 or above	Red	Danger! Discontinue regular practice. All outside athletic events are to be canceled. Very short restricted practice is permitted., Practice indoors if possible.
95-104	Yellow	Extreme Caution! <i>Modify</i> practice with frequent (required) water breaks. Games/events may continue with mandatory official time outs midway through quarters. Provide a water stop (mandatory) midway in cross county meets. Observe athletes carefully for signs of heat injuries. Make sure all athletes drink water.
84-93	Green	Warning. Provide a mandatory ten minute rest per 45 minutes of activity. Water is to be available to athletes at all times.
83 or below	Blue	No restrictions. Water is to be available at all times. Monitor the heat index for increases.

Table 3: Heat Disorders and First Aid		
Heat Disorder	Symptoms	First Aid
Heat Cramps	Painful spasms usually in the muscles of the legs and abdomen. Heavy sweating.	Get the person to a cooler place. If the victim has no other injuries and can tolerate water, give him or her one-half glassful every 15 minutes for an hour.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale, and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.	Get the person out of the heat and into a cooler place. Have him or her lie down on their back and elevate the feet with something. Either remove or loosen the victim's clothing. Cool him or her by fanning and applying cold packs (putting a cloth between the pack and the victim's skin) or wet towels or sheets. Care for shock. Give the victim one-half glassful or water to drink every 15 minutes, if he or she can tolerate it. These first aid steps should bring improvement within a half hour.
Heat Stroke or Sun Stroke	High body temperature (106 degree F or higher). Hot, dry skin. Rapid and strong pulse. Possible unconsciousness.	Heat Stroke is a life-threatening situation. Call 911. Get the person out of the heat and into a cooler place. Cool the victim fast. Immerse him or her in a cool bath, or wrap wet sheets around the body and fan it. Care for shock by laying the victim on his or her back and elevate the feet with something. Wait for medical help to arrive. Also, do not give anything by mouth.