

Davis Senior High School Heat Illness Protocol

Heat Exhaustion: Signs of heat exhaustion are commonly: headache, nausea, dizziness, lightheadedness, and fatigue

If you suspect an athlete has heat exhaustion, move him/her to a cool area, elevate the athlete's legs, use ice or cold towels to cool the athlete, and give him/her water. Continuously monitor the athlete's vital signs, and if his/her condition does not improve within 30 minutes, call 911.

Exertional Heat Stroke: The guidelines for emergency treatment of exertional heat stroke require that there is a method of whole- body cooling available in the event of an athlete suffering from heat stroke. In order to provide this, we will be using a tarp and ice water to create a make-shift ice bath when there is an emergency. This protocol is ONLY necessary to follow for athletes that are suffering from heat stroke, meaning they are unconscious or in an altered state of consciousness.

Exertional Heat Stroke Protocol:

Signs of heat stroke: altered state of consciousness, unconsciousness, decreased cognitive function, dizziness, core body temperature greater than 105°F

This protocol should be followed for an athlete that is unconscious, but has a pulse and is breathing. If the athlete does not have a pulse, begin CPR.

1. Check athlete for responsiveness, pulse, and breathing.
2. Call 911.
3. Lay the tarp on the ground near the athlete. If there is shade nearby, move the athlete and place the tarp in the shade. However, if there is not shade within a reasonable distance, leave the athlete where he/she collapsed.
4. Remove any excess equipment the athlete is wearing.
5. Lift or roll the athlete onto the tarp so he/she is laying near the center of the tarp on his/her back.
6. Coaches should stand at each side of the tarp and lift the edges to prevent water from spilling out when it is poured into the tarp. If there are not enough coaches available, have players assist in holding the tarp.

7. Once the tarp is in place, pour ice water into the tarp. It is important that the people at the athlete's head ensure that the athlete's head and shoulders are elevated enough to keep his/her head out of the water.
8. Continue to monitor the athlete's vital signs and responsiveness until instructed to remove the athlete from the water by the athletic trainer or paramedics. Add more ice water if needed.
9. Should the athlete stop breathing or go into cardiac arrest at any time, remove the athlete from the water to begin CPR and apply an AED.