# Heat

Knowledge of the prevention of heat illness and safely practicing in hot conditions is paramount in importance by our coaches. All coaches should have a strong understanding of the various warning signs and indicators of heat illness, as well as a working knowledge of its different levels: dehydration, heat cramps, heat exhaustion, heat stroke, and hyponatremia.

**MPCS Heat Safety Guidelines**
All teams should adhere to the following guidelines when conducting outdoor workouts in the heat in an attempt to ensure player safety. The assistant athletic director, sports medicine trainer on duty, or another designee from the football staff will be responsible for monitoring WBGT (wet bulb global temperature) and notifying all outdoor sports/activities on campus when readings dictate that workouts must stop. Mount Paran Christian School athletics adheres to all GHSA heat policies.

**Warning Signs of Heat Illness**
Coaches must be aware of early warning signs that a player may be experiencing difficulty. Some symptoms of heat illness may include

- Inability to think clearly, giddiness, undue fatigue, and/or vomiting (may signal a player heating up);
- Goosebumps and chills (may signal a shutdown in skin circulation);
- Hyperventilation and tingly fingers (may prelude a collapse);
- Lack of coordination, staggering, “running like a puppet” (late signs that may be followed by seizure or coma).
- Any player suspected of suffering from heat illness should have unnecessary equipment and clothing removed immediately. These players should be monitored by our ATC, who will determine further treatment.
- Any player fainting, collapsing, losing consciousness, or appearing to be in danger of heat stroke in any way should be submerged in an ice tub, shoulders to hip joints, monitored by our ATC. Emergency services at 911 should be called for transport.

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