

## Sample Hot Weather Preparedness Guide

- Check the temperature prior to outdoor activity.
- Implement school board's Hot Weather Action Plan (for example, for heat or humidex).
- Encourage and provide access to hydration prior to, during, and after activity.
- When appropriate activity levels to be reduced and/or increase the frequency and length of rest breaks.
- Cancel/reschedule activity as per school board protocol.
- Communicate to students the importance of:
  - Drink fluids regularly prior to, during and after activity. (Dehydration is a key factor in heat illness.)
  - Wear light coloured, loose fitting clothes made of either natural fibres or composite fabrics with high absorption
  - Use sun blockers on all exposed body parts.
  - Where possible to stay out of the sun and in the shade as often and as long as possible
  - To cool down, spatter yourself with water before the activity and during breaks
  - Do not lay down during breaks or after the activity as this may provoke a collapse.
  - Risk is increased if you suffer from asthma, inform your Teacher/Coach accordingly
  - Inform the Teacher/Coach immediately (to seek medical help) with shivering, muscle cramps, headache fatigue or collapse.
  - Drinking fluids prior to, during, and after activity.
  - Wearing light coloured, loose fitting clothes.
  - The use of sun screen/blockers.

- Avoiding sun exposure when possible.
  - Cooling down (for example, spatter water on body/clothing).
  - Sitting/standing during breaks and walking after activity to avoid collapse
  - Inform the Teacher/Coach immediately if students have: shivers, muscle cramps, headache, and/or fatigue.
- Students (people in general) are generally unable to notice their own heat stress related symptoms. Their survival depends on the ability of Teachers/Coaches to recognize symptoms and seek timely first aid and medical help.

## List of early warning signs for heat injury

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*Note: this is not an exhaustive list*

- Flushed face
- Hyperventilation or shortness of breath
- Headache
- Dizziness
- Tingling arms
- Goose bumps (hair on arms standing on end)
- Chilliness
- Poor coordination
- Confusion, agitation, uncooperativeness