

HEAT SAFETY PLEDGE CHECKLIST



Pillar One: Thermometer

Schools need to be able to measure the temperature of their exact location.

★ GOLD STANDARD: Wet bulb globe thermometer

- Hygrometer, heat index meter or other devices that give on-site temperature and humidity are also acceptable.



Pillar Two: Certification

All coaching staff should be educated in lifesaving measures.

★ GOLD STANDARD: Certifications in first aid, CPR and use of an AED, and education on preventing sudden death in sports

- Education can be on topics such as head and neck injury, cardiac emergencies, heat illness or other potentially catastrophic issues.



Pillar Three: Athletic Trainer

An athletic trainer should be on site during practices and events.

★ GOLD STANDARD: Employ an athletic trainer

- AT can be either full or part time, and there can be multiple ATs.



Pillar Four: Emergency Action Plan

Schools need to have venue-specific emergency action plans in place for each athletic facility where a game or practice occurs.

★ GOLD STANDARD: Posted, venue-specific emergency action plans

- Emergency action plans should be easy to access, usable by anyone and follow the NATA position statement guidelines.



Pillar Five: Heat

Acclimatization Guidelines

Schools need to adopt the nationwide high school heat acclimatization guidelines.

★ GOLD STANDARD: The NATA heat acclimatization guidelines

- State guidelines may not be strict enough.



Pillar Six: Water Stations/ Body Cooling

Athletes must have access to drinking water as well as cooling stations during exercise in the heat.

★ GOLD STANDARD: Water and cooling stations placed around the field

- Encourage players to remove equipment during rest breaks; provide easy or portable cooling such as ice towels, misting fans, shaded areas, etc.; and plan for each team to have access to unlimited fluid during exercise.