SAISD Exertional Heat Illness Protocol

Muscle / Heat Cramps

Signs & Symptoms:

- Dehydration, thirst, sweating, transient muscle cramps and fatigue

Treatment Protocol:

- Remove from activity
- Allow athlete to be recumbent to allow redistribution of blood flow
- Begin fluid replacement
- Mid stretching with massage of muscle spasm
- Monitor Athlete

Heat Syncope

Signs & Symptoms:

- Brief episode of fainting associated with dizziness, tunnel vision, pale or sweaty skin and decreased pulse rate

Treatment Protocol:

- Remove from activity to cool and/or shaded area
- Remove excess clothing to increase evaporative surface and to facilitate cooling
- Cool athlete with cold towels, ice bags or cold whirlpool
- Monitor vital signs
- Elevate legs above level of head
- Begin fluid replacement
- Continue to monitor athlete and contact parent and/or guardian

Exercise Heat exhaustion

Signs & Symptoms:

- Minimal cognitive changes, brief episode of fainting associated with dizziness, tunnel vision, pale or sweaty skin and decreased pulse rate. Access CNS function for altered mental status, confusion or disorientation.

Treatment Protocol:

- Remove from activity to cool and/or shaded area
- Remove excess clothing to increase evaporative surface and to facilitate cooling
- Cool athlete with cold towels, ice bags or cold whirlpool – if available
- Monitor vital signs
- Begin fluid replacement
- Call 911/EMS and transfer care if recovery is not rapid or uneventful
- Continue to monitor athlete and contact parent and/or guardian

SAISD Exertional Heat Illness Protocol (cont'd)

Exertional Heat Stroke

Signs & Symptoms:

- Marked cognitive changes, episode of fainting associated with dizziness, tunnel vision, dry & clammy skin and decreased pulse rate, INCREASED core temperature, altered mental status, confusion or disorientation, loss of consciousness and/or athlete is unresponsive

Treatment Protocol:

- Call 911 and get AED
- Remove **ALL Protective Clothing/Equipment** to increase evaporative surface and to facilitate cooling (cut clothing if necessary)
- Cool athlete as quickly as possible via whole body ice-water immersion in large tub that covers the athlete's trunk and limbs. (Water should be 35-58 F)
- Continually stir water and add ice throughout cooling process
- Support athlete's head and upper torso to ensure upright position while in the tub
- Maintain airway, breathing and circulation, while continuing to monitor core temperature
- COOLING MUST HAPPEN BEFORE TRANSPORTING. Athlete will not be transported until core temperature reaches 101 F.
- In event the athlete develops life-threatening complications (seizure, respiratory arrest, cardiac issue, etc.), during the cooling process, care will be transferred immediately to EMS for transport.
- If no life-threatening complication are present, cease cooling when core temperature reaches 101 F and transfer care to EMS.