

Memorandum

To: State Association Executive Officers

From: Michael Koester, M.D., Chair of the NFHS SMAC
Bob Colgate, Director of Sports and Sports Medicine

Subject: Heat Acclimatization and Heat Illness Prevention

Date: July 17, 2017

As we head into the fall preseason, I want to remind everyone that it is critical to alert your member schools that this is the peak time of the year for risk of heat-related illnesses and deaths!! Repeated alerts are appropriate over the next few months as temperatures may wax and wane. Just before a predicted "heat wave" caches are best reminded through emails and social media on the importance of activity and practice modifications.

It is critical that Administrators, Athletic Directors, Coaches, Parents and Students pay close attention to resources such as Guidelines and Recommendations contained in the following NFHS Sports Medicine Advisory Committee (SMAC) "Heat Acclimatization and Heat Illness Prevention Position Statement:"

Heat Acclimatization and Heat Illness Prevention Position Statement

Similar guidelines and recommendations have also been published by the National Athletic Trainers Association (NATA), and the Korey Stringer Institute:

<http://natajournals.org/doi/pdf/10.4085/1062-6050-44.3.332>

Also, remember that this is not just a football issue. Any young athlete participating in the heat is vulnerable to heat illness, including participants in activities such as marching band, cheer, and even volleyball players practicing in a hot gym.

It is crucial that the heat acclimatizing guidelines are strictly followed as published, with extra vigilance during the first 3-4 days of the two week acclimatization period. This is the time when our young athletes are most vulnerable to the heat. Please help protect these students from a potentially deadly and preventable condition.

Michael Koester, M.D.

Chair – NFHS Sports Medicine Advisory Committee (SMAC)

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