



• LEARN IT IN 2 MINUTES

HEAT & ACTIVE DAYS

A PlayWell Quick Guide

PREPARE. ADJUST. COOL. RECOGNIZE. RESPOND.

Simple heat-safety basics for practices, games, workouts, races, tournaments, and active days.

01 BEFORE YOU GET MOVING

PREPARE



CHECK THE CONDITIONS

CHECK THE FORECAST BEFORE YOU GO

Heat, humidity, direct sun, and low wind can make activity more demanding.



FOR ORGANIZED ACTIVITIES

FOLLOW THE HEAT POLICIES

that apply to your event or organization, and the instructions you are given.

WHEN POSSIBLE, AND WHEN YOUR ACTIVITY ALLOWS



EARLIER OR
LATER TIMES



WATER, SHADE,
ICE & REST



FLUIDS AND
A WAY TO REFILL



LOOSE, LIGHT
CLOTHING



A PLAN TO
COOL DOWN

02 BUILD INTO THE HEAT

ADJUST

START EASIER. BUILD GRADUALLY.



YOUR BODY MAY NEED TIME TO ADJUST WHEN



hot weather arrives



you return after time away



you travel somewhere hotter



you are returning after illness



your activity level increases

Give yourself time to adjust. Start easier, build gradually, and allow more recovery when conditions are demanding.



If you take medication or have a health condition that may affect heat tolerance, ask your healthcare professional what is appropriate for you.

03 ADJUST & COOL

COOL

HEAT CHANGES THE PLAN.

WHEN CONDITIONS GET HARDER

SLOW DOWN

SHORTEN ACTIVITY

MORE BREAKS

SHADE OR COOL SPACES

FLUIDS WITHIN REACH

CHECK HOW YOU FEEL

CHECK ON CHILDREN & TEAMMATES

Heavy uniforms, pads, helmets, and other protective equipment can add heat load. Do not try to "tough it out" when you start feeling unwell.

• COOL EARLY

IF YOU START FEELING UNWELL:

Stop and cool early rather than pushing through.



STOP



GET COOL



TELL SOMEONE



REASSESS

Move to shade, air conditioning, or another cooler area. Remove extra clothing or equipment if safe. Use cooling measures such as cool water, cold wet towels, ice, airflow, and rest as appropriate.

04 KNOW THE WARNING SIGNS

[RECOGNIZE](#)

STOP & COOL.

These symptoms do not tell you exactly what condition someone has. They **are** signs to stop activity and pay attention.

WATCH FOR

**HEADACHE****DIZZINESS****FEELING FAINT****NAUSEA****WEAKNESS****UNUSUAL FATIGUE****HEAVY SWEATING****MUSCLE CRAMPS****FEELING "OFF"**

STOP ACTIVITY. > GET TO A COOLER PLACE. > START COOLING. > TELL SOMEONE.



Do not keep playing, training, running, or exercising through worsening symptoms. Seek professional medical help if symptoms are severe, worsening, not improving after stopping and cooling, or if you are unsure what is happening.

05 KNOW WHEN IT'S AN EMERGENCY

[RESPOND](#)

CALL 911

Call 911 immediately if someone experiencing heat stress has:

CONFUSION**UNUSUAL BEHAVIOR****SLURRED SPEECH****COLLAPSE****SEIZURE****LOSS OF CONSCIOUSNESS****TROUBLE STAYING AWAKE OR RESPONDING NORMALLY**

These signs during or after activity in heat can signal a life-threatening emergency.

**WHILE HELP
IS COMING**



Move the person out of the heat.



Begin safe cooling.



Remove extra clothing or equipment if safe.



Stay with them.



DO NOT WAIT FOR A THERMOMETER READING TO CALL 911.

06 WHAT'S IN YOUR HOT DAY BAG?

[PACK LIST](#)

1 **REFILLABLE WATER BOTTLE**

2 **EXTRA WATER** or access to refills

3 **COOLER + ICE**

4 **COOLING TOWEL** or small towel

5 **SUNSCREEN**

6 **HAT OR VISOR** when appropriate

7 **LIGHT EXTRA CLOTHING**

8 **SHADE OPTION** when appropriate

9 **CHARGED PHONE**

WATER MATTERS, BUT HYDRATION IS NOT THE ONLY HEAT-SAFETY TOOL.

Pacing, breaks, cooling, acclimatization, equipment, and recognizing warning signs matter too.

GO DEEPER

WANT TO LEARN MORE?

Explore the expert resources that informed this guide.

**CDC**

Heat and Athletes

**KOREY STRINGER
INSTITUTE**

Heat Stroke

**NATIONAL WEATHER
SERVICE**

Heat Forecast Tools

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