



Youth and Sports in Hot Weather

Kids don't cool down as easily as adults. They sweat less, so it's important to take extra steps to keep young athletes safe in the heat.

Parents and coaches can help by:

- **Heat index:** Keeping an eye on the heat index—how hot it actually feels—and moving practices indoors, shifting to cooler times of day, or canceling when the heat index goes above 95°F.
- **Hydration breaks:** Building in regular hydration breaks every 10–30 minutes, depending on the heat index.
- **Keep it light:** Cutting back on heavy or heat-trapping gear like helmets and pads.
- Reducing the intensity of activities during hotter conditions.

Heat Safety Guidelines:

- **Low Risk:** Heat Index 80°F–90°F. Make water breaks more frequent, make sure coaches and parents know the signs of heat illness, and keep a close eye on players.
- **Moderate Risk:** Heat Index 91°F–95°F. Require water breaks every 15–30 minutes, shorten practices, and think about reducing equipment like helmets and pads.
- **High Risk:** Heat Index 96°F–104°F. Postpone or suspend outdoor practices and games. If any activity continues, it should be very low-intensity.
- **Extreme Risk:** Heat Index 105°F+ Cancel all outdoor activities.

**For more tips and info visit
onondaga.gov/health/hot-weather**



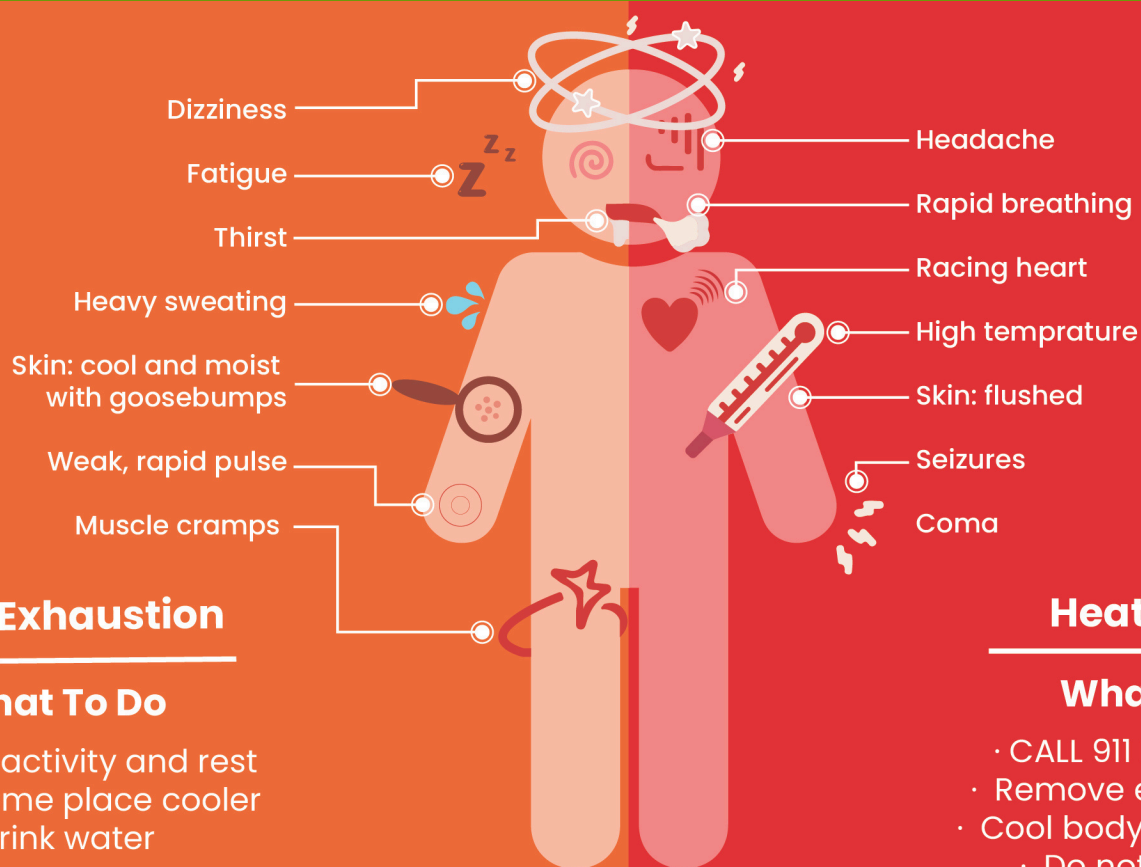
Hydration Recommendations

- **Prehydration:** Athletes should show up already hydrated. A good rule of thumb is to drink 16–24 fl. oz. of water in the two hours before practice, plus another 8–10 fl. oz. in the 10–20 minutes right before activity begins.
- **During Activity:** Encourage athletes to drink 6–12 ounces of water every 10–20 minutes to stay ahead of dehydration.
- **Rehydration:** Athletes should check their weight before and after training and gameplay. For every pound lost during activity, they should drink 16–24 fl. oz. of water within about two hours after activity.

Additional Safety Tips

- **Acclimatization:** Slowly increase the length and intensity of outdoor practices over 7–14 days so athletes can adjust to the heat.
- **Clothing:** Choose lightcolored, loosefitting clothing to help the body stay cool.
- **Sunscreen:** Sunscreen helps block the sun’s rays keeping the skin cooler. Sun burns slow the body from cooling down by trapping heat.
- **Equipment: Reduce extra gear**—like helmets or pads—when it isn’t needed for the activity.
- **Cooling:** Use shade, misting stations, ice towels, and other cooling tools to help athletes stay comfortable and safe.

SIGNS OF HEAT ILLNESS



Heat Exhaustion

What To Do

- Stop all activity and rest
- Move some place cooler
- Drink water

Heat Stroke

What To Do

- CALL 911 RIGHT AWAY!
- Remove excess clothes
- Cool body with water/ice
- Do not give fluids