NHCS HEAT RELATED ILLNESS
Emergency Action Plan

- Exertional Heat Stroke (EHS) is core temp >105 degrees.
- Risk of morbidity significantly higher the longer core temp remains 105 degrees or above.
- All four High Schools have a type of ice bath dunk tank
- Target core temp for transport is <102
- Chill tank temp should be 39-59 degrees for effective treatment
- When possible stir the water in chill tank while patient is being treated
- When accurate core rectal temp readings are available, athlete is to remain in ice bath up to 30 minutes until core temp drops to 102 degrees*
- When accurate core rectal temp readings are not available, athlete should sit in chilled tank for at least **15** minutes (research speculates core temperature drops one degree Fahrenheit per 3 minutes cool time)
- Signs and Symptoms for mandatory automatic EMS activation: Unconsciousness, Unresponsiveness, Respiratory issues, Severe full body cramping, Severe disorientation, Slurred Speech, Deteriorating vital signs (EMS activation is left up to the judgment of the ATC on duty)

** Disclaimer: Though NHCS acknowledges the NATA's position statement that accepted protocol for obtaining core body temperature of patients is through rectal temperature assessment, NHCS employees do not perform rectal core body temperature assessments.*