Southampton Heat Safety Toolkit
COACH FIELD GUIDE

Every athlete should feel comfortable saying:
"Coach, I don't feel right."

PROJECT STAY COOL
EMPOWERING SOUTHAMPTON AGAINST EXTREME HEAT

BEFORE PRACTICE

Before every practice ask yourself:

- ☐ What's today's Heat Index or Unhealthy Heat Forecast?
- ☐ Is there enough water for everyone?
- ☐ Where is the closest shade?
- ☐ Do I have ice/cold towels?
- ☐ Is my emergency contact list available?
- ☐ Does everyone know where EMS should enter?

Young athletes may not recognize early heat illness. Coaches should actively watch for changes in behavior or performance—not wait for athletes to ask for help.

MA Unhealthy Heat Forecast

Heat Index

DURING PRACTICE

Hydration

- Unlimited water access
- Never restrict water
- Breaks every 15–20 minutes
- Encourage drinking before thirst

Modify Activity

- Increase rest breaks
- Use more substitutions
- Practice in shade whenever possible
- Move practice earlier or later if feasible

STOP PLAY IMMEDIATELY

Stop participation immediately if an athlete has:

- Confusion
- Collapse
- Vomiting
- Dizziness
- Headache with fatigue
- Difficulty walking
- Unusual behavior
- Seizure

WHEN IN DOUBT—SIT THEM OUT.

Medical Disclaimer
This publication is provided for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with questions regarding a medical condition or before participating in physical activity in hot weather. If an individual experiences signs or symptoms of a heat-related emergency—including confusion, loss of consciousness, seizures, or collapse—call 911 immediately and begin appropriate emergency cooling measures while awaiting emergency medical services. Never disregard or delay seeking professional medical care because of information contained in this publication.

FUSS & O'NEILL

Southampton Heat Safety Toolkit
COACH EMERGENCY ACTION GUIDE

Recognize early. Act immediately. Every minute matters.

PROJECT STAY COOL
EMPOWERING SOUTHAMPTON AGAINST EXTREME HEAT

RECOGNIZING HEAT ILLNESS

Dehydration

Common signs

Thirst
Dry mouth
Dark urine
Headache
Fatigue
Muscle cramps
Reduced performance

Coach Actions

✓ Encourage fluids
✓ Rest in shade
✓ Monitor closely

Heat Exhaustion

Common Signs

Heavy sweating
Dizziness
Nausea
Weakness
Pale, clammy skin
Headache
Rapid pulse

Coach Actions

✓ Stop activity immediately
✓ Move to shade
✓ Remove equipment
✓ Cool with cold towels
✓ Give fluids if alert
✓ Monitor continuously
✓ No return to play that day

Heat Stroke

Medical Emergency

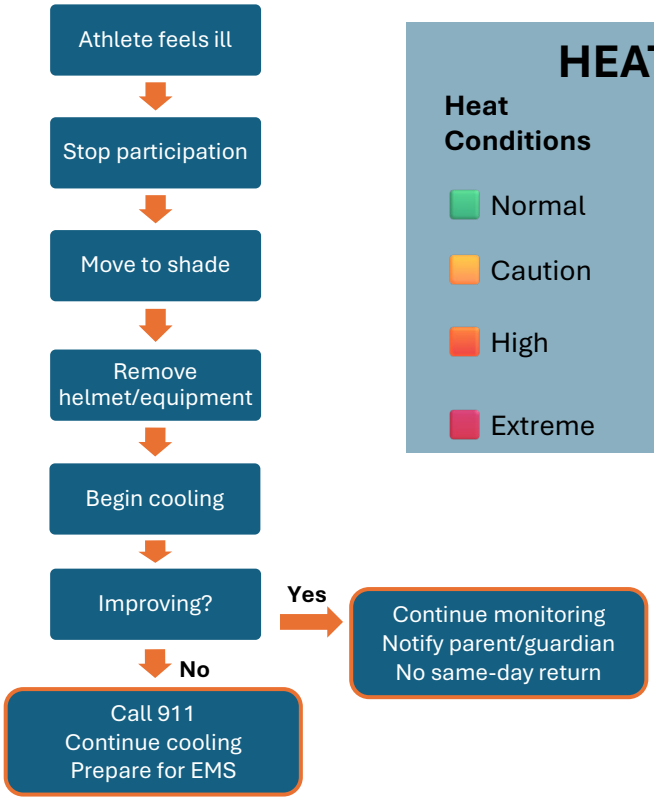
Warning signs

Confusion
Collapse
Altered behavior
Seizure
Hot body
Vomiting
Loss of consciousness

Immediate Response

✓ Call 911
✓ Begin rapid cooling immediately
✓ Cold-water immersion if available
✓ Continue cooling until EMS arrives

DECISION TREE



HEAT MODIFICATION GUIDE

First heat is the worst heat before athletes are acclimatized.

Heat Conditions	Coach Action
Normal	Regular practice with scheduled water breaks
Caution	Increase hydration and rest breaks
High	Reduce intensity, shorten practice, remove unnecessary equipment
Extreme	Delay, relocate, or cancel outdoor activity

These recommendations are intended to support, not replace, established league policies, emergency action plans, medical protocols, or the clinical judgment of licensed healthcare professionals. Coaches should follow applicable policies and emergency procedures at all times. This is an educational resource only. Not a substitute for professional medical advice. In a medical emergency, call 911.

Sources: American Academy of Pediatrics • National Athletic Trainers' Association • Sports Medicine Today • NCAA Sports Science Institute • Children's Hospital Colorado

Financial assistance was provided by the Executive Office of Energy & Environmental Affairs (EEA) under the FY26 Municipal Vulnerability Preparedness (MVP) Grant Program.

MVP Municipal Vulnerability Preparedness
FUSS & O'NEILL