Southampton Heat Safety Toolkit
PARENT GUIDE

Helping Your Young Athlete Stay Safe in Hot Weather

PROJECT STAY COOL
EMPOWERING SOUTHAMPTON AGAINST EXTREME HEAT

BEFORE EVERY PRACTICE

Send your child with:

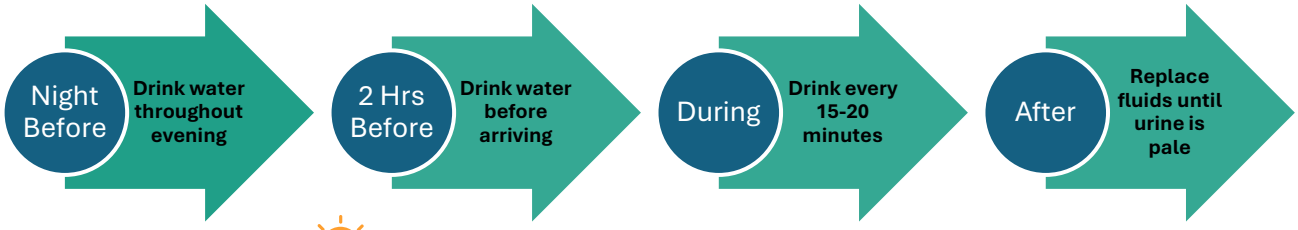
- 💧 Full water bottle
- 🧴 Sunscreen (SPF 30+)
- 👕 Light-colored clothing
- 🧢 Hat when appropriate
- 🍎 Healthy snack for longer events
- 😴 A good night's sleep

KEEP YOUR CHILD HOME IF THEY HAVE:

- Fever
- Vomiting
- Diarrhea
- Flu-like illness
- Dizziness
- They are recovering from heat illness

Why?
Illness significantly increases the risk of heat illness during sports.

SAMPLE HYDRATION TIMELINE



Don't wait until your child says they're thirsty.

EARLY WARNING SIGNS OF HEAT ILLNESS

Early action prevents emergencies

- Headache
- Dizziness
- Nausea
- Muscle Cramps
- Fatigue
- Heavy Sweating
- Weakness
- Poor Coordination

TEACH YOUR CHILD TO SAY: "Coach, I don't feel right."

Young athletes sometimes ignore symptoms because they don't want to stop play or leave the game. Encourage honest communication and reassure them that reporting symptoms is the right decision.

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.

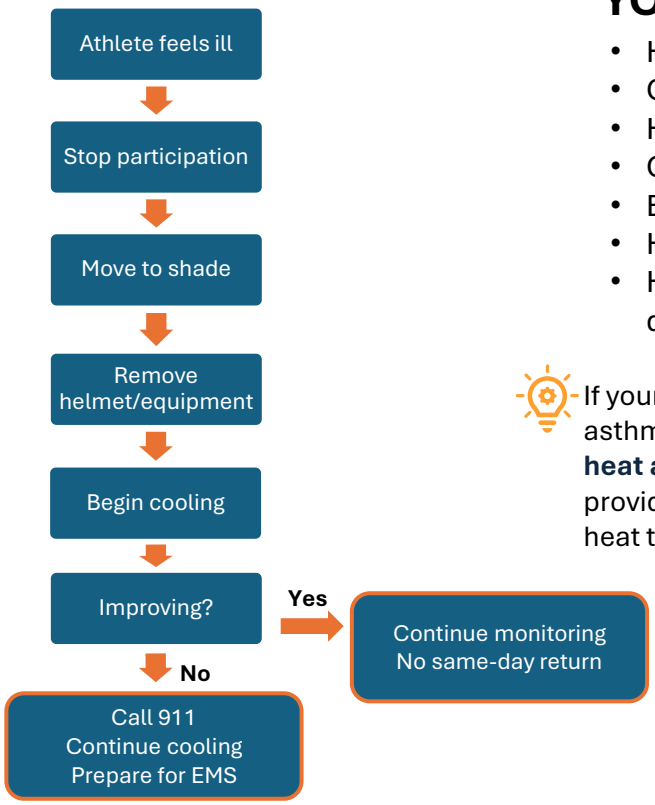
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PARENT EMERGENCY GUIDE

Know When to Act

PROJECT STAY COOL
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IF YOUR CHILD FEELS SICK DURING SPORTS



CALL 911 IMMEDIATELY IF YOUR CHILD:

- Has confusion
- Collapses
- Has a seizure
- Cannot walk normally
- Becomes unconscious
- Has repeated vomiting
- Has worsening symptoms despite cooling

If your child has a **medical condition** (e.g., asthma) or is **taking medication**, create a **heat action plan** with your healthcare provider. Certain medications can lower heat tolerance.

Heat Action Plan

WHAT COACHES MIGHT CHANGE ON HOT DAYS

- ✓ Add more water breaks
- ✓ Increase substitutions
- ✓ Practice in shaded areas
- ✓ Remove unnecessary equipment
- ✓ Shorten practice
- ✓ Move practice earlier or later
- ✓ Delay or cancel activities during dangerous heat

FAQs

Should my child drink sports drinks?
Water is appropriate for most practices. Sports drinks may be helpful for long-duration, high-intensity activities in hot weather.

Can my child return to play after heat illness?
Not the same day. Follow medical guidance before returning.

Does drinking extra water prevent heat stroke?
No. Hydration is important, but rest breaks, acclimatization, activity modification, and early recognition are equally important.

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 • Johns Hopkins Medical

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MVP Municipal Vulnerability Preparedness

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