

# Sample Hot Weather Preparedness Guide

- Check the temperature prior to outdoor activity.
- Implement school division's Hot Weather Action Plan (for example, for heat or humidex).
- Encourage and provide access to hydration prior to, during, and after activity.
- When appropriate reduce activity intensity and/or increase the frequency and length of rest breaks.
- Cancel/reschedule activity as per school division protocol.
- Communicate to students the importance of:
  - Drinking water regularly. Dehydration is a key factor in heat illness.
  - Wearing light coloured, loose fitting clothes made of either natural fibres or composite fabrics with high absorption.
  - Using sun blockers/sunscreen on all exposed body parts.
  - Participating in outdoor physical activity during cooler parts of the day (morning/evening).
  - When possible, participate in physical activity to take place in the shade (out of direct sunlight).
  - Do not lay down during breaks or after the activity.
  - The risk of a heat injury is increased if you suffer from asthma. Inform your teacher/coach accordingly.
  - Inform teacher/coach immediately (to seek medical help) with shivering, muscle cramps, headache fatigue or collapse.
- Students (people in general) are generally unable to notice their own heat stress related symptoms. Their survival depends on the ability of teachers/coaches to recognize symptoms and seek timely first aid and medical help.

## Early Warning Signs for Heat Injury

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*Note: this is not an exhaustive list*

- Flushed face
- Hyperventilation or shortness of breath

- Headache
- Dizziness
- Tingling arms
- Goose bumps (hair on arms standing on end)
- Chills
- Poor coordination
- Confusion, agitation, uncooperativeness