



# Heat Acclimatization and Heat Illness

As we head into the fall preseason, it is critical to alert your member schools that this is the peak time of the year for risk of heat-related illnesses and deaths.

It is crucial that the heat acclimatizing guidelines are strictly followed as published by the state association, with extra vigilance during the first 3-4 days of any transition or acclimatization period. This is the time when our students are most vulnerable to the heat.

Remember this is not just a football issue. Any student participating in an outdoor sport in the heat is vulnerable to heat illness, including participants in activities such as marching band, spirit and also volleyball players practicing in a hot gym.

## Wet Bulb Globe Temperature (WBGT) Guidelines

All member schools are required to follow WBGT protocols for both athletic and marching band practices to ensure student safety in hot weather conditions.

The following are NFHS resources that school administrators, athletic directors, coaches, parents, and students should be aware of:

- [Heat Acclimatization and Heat Illness Prevention Position Statement](#)
- [Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for External Heat Illness](#)
- [Heat Illness Prevention](#)
  - Exertional heat stroke is the leading cause of preventable death in high school athletics. To reduce the risk of heat-related illness, this course provides foundational guidance on developing effective heat acclimatization plans and adjusting activities based on environmental conditions and other risk factors. The course also emphasizes the importance of proper hydration strategies and having a clear Emergency Action Plan (EAP) in place for suspected cases of exertional heat stroke.
- [The Collapsed Athlete](#)

NFHS has other resources available such as the NFHS Sports Medicine Page which includes the National Athletic Trainer's Association and the Korey Stringer Institute: <https://nfhs.org/resources/sports-medicine>