

HEAT STRESS ILLNESS ACTION PLAN

Should a player demonstrate signs of heat illness the following should be implemented:

1. Remove from the ground to a cooler, shaded (or indoor) environment.
2. Immediately start cooling the person, preferably using cold water immersion.
3. Prior to cooling, remove excess clothing and equipment.
4. If possible, monitor and measure core temperature throughout cooling, and continue to cool until the reading is below 37.5 degrees Celsius for three consecutive minutes.
5. On-site cold-water immersion is recommended.
6. If cold water immersion is not possible, cool the player with fans and / or ice towels.
7. Provide with cool fluids to consume.