

HEAT ISSUES (NFHS)

First, with regard to heat, exertional heat stroke is preventable, and the NFHS and its member associations, as well as other groups such as the National Athletic Trainers Association (NATA), Centers for Disease Control and Prevention (CDC) and the Korey Stringer Institute, offer a variety of resources for schools to confront the dangers of heat illness. Through the NFHS Learning Center at www.NFHSLearn.com, the [NFHS offers a free course titled Heat Illness Prevention](#) as well as its core course [First Aid, Health and Safety](#), which was developed with its partner, the American Red Cross.

In addition, the NFHS Sports Medicine Advisory Committee provides state associations and its member schools additional heat-related guidelines on the [sports medicine page of its website](#) as well as the [NFHS Heat Acclimatization and Heat Illness Prevention Position Statement](#) and the [NFHS Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness](#).

Other organizations offer guidelines for schools to deal with heat-related issues. The NATA Preseason Heat-Acclimatization Guidelines for Secondary School Athletics is [available here](#). The CDC Heat and Athletes is available at <https://www.cdc.gov/disasters/extremeheat/athletes.html>, and the Korey Stringer Institutes offers its [5 Pillars of Exertional Heat Stroke Prevention](#).

Finally, the cover story of the May 2017 issue of High School Today – “[Dangers of Heat Illness Reduced by Following Proper Guidelines](#)” by David Csillan – offers some tremendous resources.