UW-Madison Non-Athletic Youth Programs
Excessive Heat Event Guidelines

Background: Heat-related illnesses can be life-threatening and at times fatal. Heat-related illnesses can occur when individuals are unable to properly cool themselves by sweating. The highest risk is during environmental conditions of high heat and humidity, also known as excessive heat events. Heat-related illnesses can occur, however, even in the absence of an excessive heat event. Lack of acclimatization, dehydration, certain medications, and medical conditions such as asthma, heart disease, and obesity place individuals at higher-risk for heat-related illness. The risk of heat-related illnesses increases with the duration of the excessive heat event.

The Heat Index is a useful tool in describing heat-related environmental conditions. The heat index is measure of how hot it really feels when humidity is factored with the air temperature.

The National Weather Service will generally issue alerts when the Heat Index is expected to exceed 105°-110°F for at least 2 consecutive days. Excessive Heat Warning/Advisories are issued when an excessive heat event is expected in the next 36 hours.

Policy: To reduce the risk of heat-related illness among summer youth program participants, UW-Madison youth program staff members should develop and follow specific procedures for responding to excessive heat events. UHS will provide guidance and remain available for consultation to individual programs regarding appropriate procedures.

Recommended Procedures:

1. Before an excessive heat event
   a. Train staff—Summer youth program staff should receive training and information regarding heat-related illnesses as part of their orientation. Staff members working with youth should know the symptoms of heat-related illness including fatigue, nausea and vomiting, thirst, muscle aches and cramps, dizziness, weakness, confusion or anxiety, sweats often accompanied by cold, clammy skin or hot flushed, dry skin, fainting, agitation, headache, an/or shortness of breath.

   b. Be aware of high-risk individuals—Staff members should be aware of program participants who may be at increased risk of heat-related illness. High-risk participants will require additional activity modification. Common risk factors include certain medications, heart disease, asthma, and obesity. Recent illnesses may also put a youth at risk.
c. Develop contingency plans-Youth programs should develop plans for alternate activities in the event of an excessive heat event. Consider moving outdoor activities to air-conditioned spaces or to the evening hours. Consider transportation needs of participants.

d. Promote good practices-Be aware of participants at high-risk when the temperature is high. Encourage adequate hydration and appropriate breaks during exertion.

2. During an excessive heat event
   a. Communicate-Communicate the occurrence of an excessive heat event with staff and participants. Include information about preventive measures as well as warning signs of heat-related illness.

   b. Prevent Dehydration-Dehydration can increase the risk of heat-illness. Studies suggest that many youth may not voluntarily drink sufficient water to prevent dehydration. Caffeinated beverages may increase dehydration and should be avoided. It is recommended that during heavy exercise in a hot environment to drink two to four glasses (16-32 ounces) of cool fluids each hour. Program staff should ensure fluids are readily available, easily accessible, and the consumption promoted.

   c. Equipment and Apparel Considerations- Clothing should be lightweight, light-colored, and loose-fitting. Heavier uniforms, costumes, or sports practice equipment should be avoided.

   d. Modify Activities-During an excessive heat event, programs will be advised to modify activities. Use the guide below as a reference. During an excessive heat advisory outdoor physical activities should be cancelled for individuals at high risk and significantly limited for ALL OTHERS. Activities should be moved to air-conditioned indoor spaces whenever possible.

   e. Seek Medical Care Early-Remain alert to the warning signs of heat related illnesses and seek medical attention immediately. For severe symptoms call 911.

For more information visit the Center for Disease Control’s Heat Safety Guide at http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp
Restraint on Activities

Red
Cancel all outdoor activities! Minimize

Orange
Stop activities of persons with high risk.
Limit activities of all others.

Mustard
Longer rest periods in the shade.
Enforce drinking every 15 minutes

Yellow
All activities allowed, but be alert for symptoms of heat-related illness in prolonged events.

---

**NOAA's National Weather Service**

**Heat Index**

<table>
<thead>
<tr>
<th>Temperature (°F)</th>
<th>80</th>
<th>82</th>
<th>84</th>
<th>86</th>
<th>88</th>
<th>90</th>
<th>92</th>
<th>94</th>
<th>96</th>
<th>98</th>
<th>100</th>
<th>102</th>
<th>104</th>
<th>106</th>
<th>108</th>
<th>110</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>80</td>
<td>81</td>
<td>83</td>
<td>85</td>
<td>88</td>
<td>91</td>
<td>94</td>
<td>97</td>
<td>101</td>
<td>105</td>
<td>109</td>
<td>114</td>
<td>119</td>
<td>124</td>
<td>130</td>
<td>136</td>
</tr>
<tr>
<td>45</td>
<td>80</td>
<td>82</td>
<td>84</td>
<td>87</td>
<td>89</td>
<td>93</td>
<td>96</td>
<td>100</td>
<td>104</td>
<td>109</td>
<td>114</td>
<td>119</td>
<td>124</td>
<td>130</td>
<td>137</td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>81</td>
<td>83</td>
<td>85</td>
<td>88</td>
<td>91</td>
<td>95</td>
<td>99</td>
<td>103</td>
<td>108</td>
<td>113</td>
<td>118</td>
<td>124</td>
<td>131</td>
<td>137</td>
<td></td>
<td></td>
</tr>
<tr>
<td>55</td>
<td>81</td>
<td>84</td>
<td>86</td>
<td>89</td>
<td>93</td>
<td>97</td>
<td>101</td>
<td>106</td>
<td>112</td>
<td>117</td>
<td>124</td>
<td>130</td>
<td>137</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60</td>
<td>82</td>
<td>84</td>
<td>88</td>
<td>91</td>
<td>95</td>
<td>100</td>
<td>105</td>
<td>110</td>
<td>116</td>
<td>123</td>
<td>129</td>
<td>137</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65</td>
<td>82</td>
<td>85</td>
<td>89</td>
<td>93</td>
<td>98</td>
<td>103</td>
<td>108</td>
<td>114</td>
<td>121</td>
<td>128</td>
<td>136</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>70</td>
<td>83</td>
<td>86</td>
<td>90</td>
<td>95</td>
<td>100</td>
<td>105</td>
<td>112</td>
<td>119</td>
<td>126</td>
<td>134</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75</td>
<td>84</td>
<td>88</td>
<td>92</td>
<td>97</td>
<td>103</td>
<td>109</td>
<td>116</td>
<td>124</td>
<td>132</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80</td>
<td>84</td>
<td>89</td>
<td>94</td>
<td>100</td>
<td>106</td>
<td>113</td>
<td>121</td>
<td>129</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>85</td>
<td>85</td>
<td>90</td>
<td>96</td>
<td>102</td>
<td>110</td>
<td>117</td>
<td>126</td>
<td>135</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90</td>
<td>86</td>
<td>91</td>
<td>98</td>
<td>105</td>
<td>113</td>
<td>122</td>
<td>131</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>95</td>
<td>86</td>
<td>93</td>
<td>100</td>
<td>108</td>
<td>117</td>
<td>127</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100</td>
<td>87</td>
<td>95</td>
<td>103</td>
<td>112</td>
<td>121</td>
<td>132</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

- Caution
- Extreme Caution
- Danger
- Extreme Danger