

Dear Upper School Parents:

Fall practices will begin on August 23rd and many students will resume their sports participation. I want to communicate to parents some important safety information concerning physical activity and heat/humidity. As you all know, recent summers have been unusually hot and humid. From the very start of our preseason practices, we will be working proactively with our coaches and students to make sure they have and maintain a keen awareness of this important issue.

In meetings with coaches and their teams, we will review the signs and symptoms of heat-related problems and will emphasize that PREVENTION is the best way to avoid heat-related problems. Frequent water breaks, breaks during practice sessions, and sensible conditioning are some of the precautionary steps the coaches will be taking. At the same time, Gatorade will be available throughout the practice times. We will monitor practice temperature and humidity.

We will instruct the students about what they need to do during practice and outside of practice to help avoid heat-related problems. Most importantly, they need to get plenty of rest, stay away from caffeinated beverages, which are diuretics, and to drink as much water as they can before, during and after practice.

The coaches and I ask for your assistance in preventing heat-related problems. Enclosed you will find some basic information on heat-related problems. Please monitor your child with this information in mind, and encourage them to get sufficient rest and to drink plenty of water. The best time for them to re-hydrate is when they are **away** from practice.

Thank you in advance for your assistance in helping to prevent heat-related problems. As always, your child's safety is our first and foremost concern. Should you have any questions, now or during the upcoming year, please feel free to contact me at my office 914-925-4544.

We are looking forward to another safe and successful year.

Warmly,

Steven Norman A.T.,C.
Head Athletic Trainer
Becky Gorthy A.T.,C.
Assistant Athletic Trainer

HEAT RELATED ILLNESSES

HEAT CRAMPS

Signs of:

Profuse sweating

Cramps in abdominal region and/or the extremities

HEAT EXHAUSTION

Signs of:

Weakness

Faintness

Dizziness

Headache

Loss of appetite

Nausea

Profuse sweating

Skin is gray and ashen, cool and clammy

HEAT STROKE

Signs of:

Irritability

Aggressiveness

Hysteria

Progression to apathy

Disorientation

Unsteady gait

Glassy stare

Skin is hot and dry

Pulse is rapid and full

Blood pressure falls