



KYF® Heat Illness Emergency Action Plan (EAP)

Purpose

The purpose of this Emergency Action Plan (EAP) is to provide a standardized response for the prevention, recognition, treatment, and emergency management of heat-related illnesses occurring during KYF practices, scrimmages, games, camps, conditioning sessions, and other league activities.

This EAP shall be used in conjunction with the KYF® Hot Weather Policy, Acclimatization Guidelines, and all applicable medical and emergency response procedures, as outlined in the [KYF® Health and Safety Packet](#). Players exhibiting signs or symptoms of heat illness shall be treated immediately.

1. Authority To Modify or Suspend Activity

The following individuals have authority to modify, delay, suspend, or cancel football activities due to environmental heat conditions:

- KYF President
- KYF Director of Health & Safety
- KYF VP Football Operations
- KYF VP Field Operations
- Designated KYF Board Members (H&S Committee)
- Certified Athletic Trainers
- KYF® Approved EMS Personnel
- KYF® Approved On-site medical personnel

Head Coaches may stop or modify their own activities at any time but may not override restrictions imposed by KYF leadership or medical personnel.

For game-day operations, all league-wide modifications including hydration breaks, shortened warmups, delayed starts, shortened game durations, suspension of play, or cancellation of activities shall be determined by the onsite KYF leadership in real time.

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2. Environmental Monitoring

KYF utilizes a combination of Heat Index and Wet Bulb Globe Temperature (WBGT) as its environmental heat monitoring tool as outlined in the KYF® Hot Weather Policy.

Environmental conditions shall be monitored throughout all KYF® Activities:

- Prior to the start of activity
- At regular intervals, at least every thirty (30) minutes, during activity.
- Whenever environmental conditions materially change

Because KYF activities occur within a relatively compact geographic area, KYF may utilize a common environmental reading, approved weather service, WBGT monitoring source, or other approved measurement representative of the greater Katy area to establish league-wide heat restrictions and activity modifications.

At practices, coaches may utilize the NIOSH Heat Safety Application, league-designated environmental guidance, local WBGT measurements, or other league-approved monitoring sources to evaluate conditions and implement the requirements of the KYF® Hot Weather Policy.

Coaches remain responsible for observing local conditions and may implement more conservative safety measures whenever local weather conditions, field conditions, player health concerns, or other factors warrant additional precautions.

3. Hydration Requirements

Players shall have unrestricted access to water throughout all activities.

Coaches shall:	Players shall not be punished for:
• Encourage hydration before activity • Encourage hydration during activity • Encourage hydration following activity • Never use water restriction as discipline	• Requesting water • Taking authorized hydration breaks • Reporting illness • Reporting heat symptom

4. Recovery Areas

All activities shall have access to:

- Shade whenever practical
- Cooling towels
- Water
- Ice

At game-day events, KYF will maintain designated cooling areas and emergency cooling resources.

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5. Recognition Of Heat Illness

All coaches shall be educated annually on recognition of heat illness. This is achieved through USA Football Coaching Education and Certification, Review of the KYF® Health & Safety Packet, and via the annual coaches meeting.

Possible warning signs include:

Heat Cramps:	Heat Exhaustion:	Exertional Heat Stroke (Emergency):
• Muscle cramps, pain or spasms • Usually abdomen, arms/legs • Excessive sweating • Fatigue • Thirst	• Cool, moist skin • Heavy Sweating • Headache • Nausea or vomiting • Dizziness • Light-Headedness • Weakness • Excessive Thirst • Irritability • Elevated body temperature • Decreased urine output	• Confusion • Slurred Speech • Loss of Consciousness • Red hot, dry skin or profuse sweating • Very high core body temperature • Possible Seizures

Any athlete exhibiting altered mental status shall be treated as a suspected exertional heat stroke until proven otherwise

6. Emergency Response Procedures (Heat Illness):

Step 1:	Step 2:	Step 3:
• Stop activity immediately. • Remove athlete from participation. • Move athlete to shade or a cool location.	Activate emergency medical response as necessary Call 911 immediately if: • Altered mental status exists • Athlete collapses • Loss of consciousness occurs • Seizure activity occurs • Symptoms deteriorate rapidly • Heat stroke is suspected	• Begin rapid cooling immediately. • Do not wait for EMS arrival before starting cooling efforts • Cooling should begin as soon as heat stroke is suspected

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7. Cooling Procedures

Preferred Method

Cold Water Immersion (When Available)

At KYF® game-day operations, Cold Water Immersion (CWI) should be utilized when available and practical.

The athlete should remain immersed until transferred to EMS or medical personnel if Heat Stroke is suspected.

Modified Cooling Procedures

When Cold Water Immersion is not available, including most team practice locations:

Immediately:

- Remove excessive equipment
- Remove helmet
- Loosen clothing
- Move athlete to shade
- Apply ice-water-soaked towels to:
 - Head
 - Neck
 - Armpits
 - Groin
 - Cover as much of body surface area as possible with ice-cold wet towels
- Replace towels frequently (rotate towels every 30 seconds into and out of ice-water)
- Apply additional ice packs if available
- Continue aggressive cooling while awaiting EMS

KYF coaching education currently teaches aggressive cooling using ice-water-soaked towels and ice chests and recognizes this as the standard field-expedient cooling method for practices where immersion equipment is not available.

8. Cool First - Transport Second

For suspected exertional heat stroke:

Cool First

Begin rapid cooling immediately.

Transport Second

Continue cooling efforts until EMS personnel assume medical control.

Upon arrival, EMS personnel shall determine transport timing, method, and destination.

KYF® personnel shall cooperate fully with EMS and follow EMS instructions once EMS assumes patient care.

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9. Return To Activity

Any athlete evaluated for:

- Heat Exhaustion
- Heat Stroke
- Exertional Heat Illness
- Collapse associated with heat

shall not return to participation until cleared in accordance with KYF medical participation requirements.

The KYF President, Director of Health & Safety, or designated medical personnel may require additional clearance when appropriate.

10. Acclimatization Requirements

Players who:

- Join late
- Miss significant practice time
- Return from injury
- Return following illness
- Return following heat illness

shall repeat an appropriate acclimatization progression before returning to unrestricted activity.

The progression shall follow the KYF Hot Weather Policy and Acclimatization Guidelines outlined in the Health and Safety Packet.