

# **Sports Medicine – Heat Illness**

## **Summary**

CSU Athletics Policy for the treatment for student athletes dealing with heat illnesses. Policy includes definition, explanation of illnesses, and likely athletic contexts where heat illnesses are a common occurrence.

## **Purpose**

To provide guidance on treatment of heat illnesses.

## **Policy**

### **Columbus State University Heat Illness Policy**

#### **Policy:**

Heat illness is immanent to physical activity and its incidence increases with rising ambient air temperature and relative humidity. Athletes who begin training in late summer experience more exertional heat-related illness than athletes who begin training during the winter and spring. This puts soccer and cross-country athletes at a greater risk for heat illness. However, heat illness can occur in the absence of hot and humid conditions. The following definitions, causes, signs, and symptoms, and treatments are listed to aid the certified athletic trainer (ATC) in evaluating heat illness from early detection and immediate medical coverage.

## **Related USG Policy**

N/A

## **Last Update**

6/2016

## **Responsible Authority**

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