



Homeland
Security

Attention Staff and Students

FLETC
Glynco

Heat Stress Conditions Information & Tips

Suggested fluid intake before, during, and after outdoor exercise for all categories.

During Heat Stress Conditions, refer to the appropriate Category:

Category 1: Blue Flag



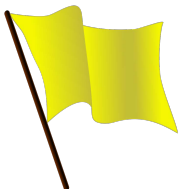
All outdoor activity will proceed as usual; frequently monitor individual's condition; fluid intake and rest as required; sweat clothing prohibited from category 1 through 5 during Official PTD Classes (440 yard track and Confidence Course).

Category 2: Green Flag



All outdoor activity will proceed as usual; frequently monitor individual's condition; fluid intake and rest as required. Maximum 50 minutes outdoor activity.

Category 3: Yellow Flag



High Intensity outdoor physical conditioning, endurance running, intense calisthenics, confidence course testing, and similar physical activities should be modified to reduce sun exposure. Fluid intake as needed. Maximum 40 minutes outdoor activity.

Category 4: Red Flag



High Intensity outdoor physical conditioning as noted in Category 3 (yellow) should be conducted indoors or at reduced rate intensity. Fluid intake as needed. Maximum 30 minutes outdoor activity.

Category 5: Black Flag



NO outdoor physical conditioning. All physical conditioning will be conducted indoors; exercise extreme caution during this category. High intensity physical activity can result in life threatening conditions such as heat exhaustion and heat stroke.

For Heat Stress Information, call the Heat Stress Alert System: 267-2944

Heat Cramps	Signs/Symptoms: Painful Muscle Spasms (Legs-Abdomen)	Treatment: Stop Activity Hydrate Take to Athletic Trainers' Office or Health Unit
Heat Exhaustion	Signs/Symptoms: Profuse sweating Headache Weakness Nausea Vomiting Skin Clammy Cool to Warm LOC-Normal Overall feeling ill	Treatment: Remove wet clothing Hydrate Cool down Take to Athletic Trainers' Office or Health Unit
Heat Stroke	Signs/Symptoms: *MEDICAL EMERGENCY Skin moist to dry Alter LOC <ul style="list-style-type: none"> • Combative • Loud • Seizures • Unresponsive HOT- (red or pale) SKIN	Treatment: ABC's Call 2-911 or Security Channel 2 Remove Clothing Cool down (Head, neck, armpits, groin) Take to Athletic Trainer's Office or Health Unit
<p>Rhabdomyolysis:</p> <p>A life-threatening condition caused by muscle breakdown and muscle death. The muscle damage may be caused by severe dehydration, overheating, overexertion/intense training, trauma, toxic substances (including alcohol and illegal drugs), medications (antidepressants, antivirals, cholesterol medications) or underlying disease (diabetes/liver disease).</p>	<p>Signs/Symptoms:</p> <p>Same as Heat Stroke.</p> <p>Can occur 48-72 hours after exposure to extreme heat/intense workout.</p> <p>Extreme muscle pain shoulders, thighs or low back.</p> <p>Extreme muscle weakness in arms and legs.</p> <p>Dark brown or tea-colored urine.</p> <p>Lab tests may show electrolyte abnormalities and muscle breakdown products.</p> <p>May result in cardiac complications (heart attack), stroke, or kidney injury.</p> <p>If this condition is suspected, then immediate referral to a hospital is necessary.</p>	<p>Treatment:</p> <p>Call 2-911 or Security Channel 2</p> <p>Remove Clothing Cool down (Head, neck, armpits, groin)</p> <p>Immediate referral to a hospital is necessary.</p>