Heat and Hydration Policy

Water breaks, heat warning signs, and when to stop training.

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Academy name: _____

Academy address: _____

Effective date: _____

Last reviewed: _____

Prevention

- Allow water breaks at least every [15 to 20] minutes, and any time a student asks.
- Keep the training area ventilated. Reduce intensity when it is hot or humid.
- No weight cutting through dehydration, sweat suits, or skipping water for youth students.

Warning Signs of Heat Illness

- Heavy sweating, cramps, dizziness, nausea, or headache.
- Confusion, fainting, or hot, red skin. These may be heat stroke: call 911.

What to Do

1. Stop training and move the student to a cool place.
2. Give water if the student is alert.
3. Cool the body with wet towels or ice packs.
4. Call 911 for confusion, fainting, or no improvement.
5. Tell the parent or guardian and complete an incident report.

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