

HEAT ILLNESS SAFETY & PREVENTION



Player & Parent Education

Why Heat Safety Matters

Young athletes are more vulnerable to heat stress than adults because their bodies absorb heat faster, sweat less efficiently, and may not instinctively drink enough fluids. Without proper precautions, exposure to heat and humidity during soccer activities can lead to dehydration, heat exhaustion, or life-threatening heat stroke.

Signs & Symptoms

Signs of Early Heat Stress: dry mouth, headache, fatigue, irritability, dizziness, muscle cramps, rapid heartbeat or breathing

Signs of Heat Exhaustion: heavy sweating, weakness, nausea, clammy skin, headache, fainting

Signs of Heat Stroke: high body temperature, confusion, hot skin, unconsciousness

Player Removal / Return-Heat Exhaustion

Any player suspected of having heat exhaustion:

- will be pulled from activity
- moved to a shaded or cooled area
- offered fluids

If symptoms do not improve within minutes, parents/guardians will be notified and medical evaluation will be required to return to play.

Player Removal / Return-Heat Stroke

Any player suspected of having a heat stroke:

- will be pulled from activity
- emergency protocol will begin (911)
- aggressive cooling will be attempted

Parents/guardians will be notified and medical evaluation will be required to return to play.

Prevention

- Eclipse follows US Soccer heat guidelines for practice modification and cancellation, if needed
- Eclipse coaches are instructed on proper training intensity, break periods, and hydration expectations
- Eclipse directors regularly review weather readings at the field to safely modify trainings and games
- families can help by ensuring their players are properly hydrated

Additional Information

[US Soccer Heat Guidelines](#)

[US Soccer Hydration & Nutrition](#)