HEAT-READY SIDELINE — EQUIPMENT CHECKLIST

THE WHOLE SIDELINE MATTERS.

A cooling plan you cannot execute is not a plan. This is the equipment that has to be on site, filled, and ready before the first whistle — not in a storage closet across campus.

COLD-WATER IMMERSION TUB
Immersion tub sized for an athlete, filled and on site before practice begins.

COOLER WITH ICE
Enough to bring and hold water at 35–58°F.

WATER SOURCE
Hose or filled containers within reach of the tub.

RECTAL THERMOMETER
The only valid field measurement of core temperature.

LUBRICATING GEL
Required for rectal thermistor use.

WBGT DEVICE
Wet Bulb Globe Temperature reading, on site, measured — not a phone weather app.

3–4 TOWELS
For rotating cold-towel cooling if no tub is available.

TENT FOR SHADE
Immediate removal from direct sun.

> **AND ONE THING THAT ISN'T EQUIPMENT.**
> A written emergency action plan that names who calls 911, who starts cooling, and who meets the ambulance. Rehearse it before the season, not during the emergency.

Protocol per the National Athletic Trainers' Association Position Statement on Exertional Heat Illnesses.
For education and preparedness only. Not a substitute for professional medical advice, diagnosis, or treatment. In an emergency, call 911.