STOP SIGNALS

IF YOU SEE THIS, THE WORKOUT IS OVER.

Confusion. Unusual behavior. Stumbling. Collapse. Seizure. Inability to stand. Any one of these is a stop signal for exertional heat stroke. Do not wait for a temperature. Do not wait for permission. Stop. Assess. Call 911 and start cooling at the same time. Cool first, transport second.

1 CONFUSION
Disoriented, can't answer, doesn't know where they are or what drill they're in.

2 UNUSUAL BEHAVIOR
Irritable, combative, oddly quiet, or not themselves. CNS change is a stop.

3 STUMBLING
Gait off. Can't hold a line. Drops the ball. Nearly falls and "catches" it.

4 COLLAPSE
Goes down — or goes down, gets up, and goes down again. Collapse is not required to stop, but it ends the session.

5 SEIZURE
Any seizure-like activity in the heat. Stop. Protect the airway. Call 911 and start cooling at the same time.

6 INABILITY TO STAND
Can't get up, can't stay up, needs to be held upright. That is a medical emergency.

1	2	3 · AT THE SAME TIME	4
STOP	**ASSESS**	**CALL 911 + COOL**	**COOL FIRST, TRANSPORT SECOND**

COOL FIRST. TRANSPORT SECOND.

Exertional heat stroke is 100% survivable when cooling starts right away.

- Call 911 and start cooling at the same time.
- Start cooling within 10 minutes and reach about 102°F within 30 minutes. Cool first, then transport.
- At 104°F, the body loses its ability to regulate its own temperature. That's why cooling can't wait.
- Cold-water immersion with ice agitation. A single ice pack is not cooling.
- Remove anything you can quickly but don't delay cooling because of gear removal.

Immersion tub sized for an athlete, filled and on site before practice begins. The athletic trainer — or any clinician on the field — has stop authority. Third-party instructors follow the same heat-safety rules as the coaching staff. Anyone who sees a stop signal can and must end the session.

Source: 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.