



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Heat Advisory & Excessive Warning Guidelines

Summer 2014

Health & Well-being classes and/or programs that are physical in nature and are held outdoors during the heat of the day, will be moved indoors, when practical, or cancelled when a HEAT ADVISORY or EXCESSIVE HEAT WARNING is issued by the National Weather Service that extends beyond class/program time.

Classes and/or programs that are physical in nature and exceed 50 participants will be cancelled in the event of a heat advisory or excessive heat warning if the warning extends beyond the program hours.

Classes and/or programs that are physical in nature can be held outdoors during a heat advisory or excessive heat warning if: 1. The class has fewer than 50 participants, and 2. The class is held in an area where the staff can monitor participants' well-being. In this case, the Y will take the following precautions to ensure the safety of program participants:

- Provide cold drinking water & ice towels
- Break every 15 minutes in a shaded area
- Educate program participants on the signs & symptoms of heat exhaustion and heat stroke

Signs & Symptoms

Heat Exhaustion	Heat Stroke
Pale, cool & moist skin	Confusion
Weakness	Hallucinations
Headache	Flushed, hot and dry skin
Nausea and/or dizziness	Elevated blood pressure
Thirst	Hyperventilation
Cramps or muscle pain	Dizziness
Increased pulse	Coma

Our Mission: The YMCA of Southwestern IN, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.