



BEAT THE HEAT

Digital Resources

Know when it's okay to play by learning more on preventing heat-related illnesses.

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| <p>Korey Stringer Institute</p> <p>Korey Stringer Institute's Wet Bulb Globe Temperature (WBGT) for Warm-Weather Exercise, a 2-minute and 39-second YouTube video.</p> <p>bit.ly/3EUozHR</p> |  |  |
| <p>Arkansas Activities Association</p> <p>Sports Medicine Info</p> <p>Dr. Brendon McDermott, Laurel Shepherd, and Joey Walters discuss heat illness in this 27 minutes-long YouTube video.</p> <p>bit.ly/3KqSEjp</p> | <p>Sports Safety Week</p>  <p>Heat Illness Prevention</p> |  |
| <p>The National Weather Service</p> <p>Little Rock, Arkansas</p> <p>Find information about heat, how it affects the body, the Arkansas Activities Association WBGT Chart, WBGT information, as well as current weather conditions, and other heat-related information.</p> <p>bit.ly/3vT6RQI</p> |   |  |
| <p>Arkansas Activities Association</p> <p>Sports Medicine Info</p> <p>Learn more about Sports Safety Week with YouTube videos on Emergency Action Plans, Communicable Diseases, Sudden Cardiac Arrest, and Concussions & Athletic Physicals.</p> <p>bit.ly/38u7hoH</p> |  |  |
| <p>ArkansasIDEAS</p> <p>Exertional heat illnesses are a valid concern for coaches, trainers, parents, and students who participate in summer activities. Tackling Heat Illness discusses the dangers of heat, the proper methods of prevention, and most importantly, how to recognize and treat exertional heat illnesses should they occur.</p> <p>https://arkansasideas.org/heatillness</p> | <p>Arkansas PBS</p>   |  |

