

NOWATA HIGH SCHOOL

707 West Osage
Nowata, Ok 74048
Principal, Bron Williams (918)273-2221

Heat Exhaustion

I understand that heat exhaustion is a serious, potentially deadly illness. I have read the signs and symptoms of heat exhaustion listed below and give permission for my athlete to participate.

Signs and Symptoms of heat exhaustion

Note: The signs and symptoms provided below is not meant to be an exhaustive list.

- Confusion
- Dark Colored Urine
- Dizziness
- Fainting
- Fatigue
- Headache
- Cramps
- Nausea/Diarrhea/Vomiting
- Pale Skin
- Profuse Sweating
- Rapid Heartbeat

Parent/Guardian Signature: _____ Date: _____

Athlete Signature: _____ Date: _____