**Climate Readiness Training Module Outline**

**Module Name: Heat & Health**

**Total run time:**

In-Person Session: 120 minutes

Virtual Session: 60 minutes

**Module Objectives:**

1. Understand the basics of extreme heat in Cambridge, including why/how extreme heat day are increasing, impacts of urban heat island
2. Understand the basics of the impacts of extreme heat on health/safety, who is most vulnerable/why, as well as impacts on infrastructure, environment, public health
3. Identify heat stress symptoms in the event of heat waves and use steps to combat heat stress using simple tips/tricks
4. Ability to prepare self, household, and connect community members with immediate resources and actions

**Online Session Agenda:**

| **Section** | **Details** | **Timing** |
| --- | --- | --- |
| **Welcome** | Provide a formal welcome and review the goals of the day.Ask C3 members to share: * Name
* How long they’ve been with C3
* Icebreaker: what do you hope to get out of our heat-health training today?

Briefly describe the agenda for the day. Pause for questions/clarifications. | **5 mins** |
| **Extreme Heat 101** | The facilitator presents on: what extreme heat is, why we care about heat, what the heat index is and why it matters, heat vulnerability, and heat sensitivity. **Mini Activity*** Pick 3 characteristics/behaviors that can make someone more sensitive to extreme heat. Why do you think that is? Do any of these characteristics surprise you?

Facilitator presents on: heat exposure/the urban heat island, the power of trees, and heat impacts.  | **25 mins** |
| **Heat and Public Health**  | The facilitator outlines key health risks of extreme heat; symptoms and treatment for heat rash, heat cramp, heat exhaustion, and heat stroke**Mini Activity*** C3 members are given a set of cards with a heat illness, list of symptoms, and treatment options. C3 members will match together the illness to its appropriate symptoms and treatment.
 | **15 mins** |
| **Heat Strategies** | The facilitator outlines tips for individuals to “beat the heat.”Facilitator also presents on the high-level strategies [YOUR CITY/TOWN] is taking to address extreme heat (see examples from City of Cambridge).  | **10 mins** |
| **Debrief & Closing** | **Present:** Next steps/line up anything for next training module, future meetings/dates etc...Meeting Evaluation form* +/Δ: What went well, what would you like facilitators to do differently in next session
 | **5 mins** |