



Safety is our highest priority. These first few weeks of summer/fall practice are of particular concern as our athletes become acclimatized to the hot and humid weather. Attention must be paid to the problems the combination of high temperatures and humidity can cause our athletes.

A thermo-hygrometer will be provided to each school to monitor heat and humidity relationship. See your AD for procedures regarding who will be responsible for monitoring and notifying all students and personnel of impending dangerous conditions.

The guidelines below are to be worked into your programs. Obviously, prevention of heat injury is the best plan, but the coach must have a plan clearly in mind in the event of a suspected heat injury. Please plan to manage heat / humidity related concerns and be prepared to share those plans with your athletic director and your principal.

GUIDELINES FOR OUTDOOR EXTRACURRICULAR ACTIVITIES DURING EXTREME HOT AND HUMID WEATHER

Monitoring of environmental conditions and reaction to those conditions is the head coach's responsibility.

1. Whenever possible, practices should be held early in the morning and late in the evening to avoid times when environmental conditions are generally more severe.
2. An unlimited supply of cold water shall be available to participants during practices and games.
 - a. Coaches/Supervisors shall inform all students participating that cold water is always available or accessible and they will be given permission anytime they ask for water.
 - b. Hydration and fluid replacement is a daily process. Students should hydrate themselves before, during and after practice. Meals should include an appropriate amount of fluid intake in addition to a healthy diet.
3. Give adequate rest periods. Remove appropriate equipment or clothing when possible. Exposed skin cools more efficiently. Football players shall be allowed to remove helmets. Shoulder pads should be removed if conditions warrant.
4. Gradually acclimatize participants to heat. Research indicates 80% acclimatization may be achieved in 7 to 10 days, but could take up to 14.

5. Athletic participants should weigh in before practice and weigh out after to monitor water loss to identify those who are becoming dehydrated.
6. Participants should wear clothes that are light in weight and color.
7. Students who need careful monitoring include;
 - a. Overweight students
 - b. Weight control problems, (fluctuation)
 - c. Those taking over-the-counter and prescription medications
 - d. Students who have done absolutely no exercise at all
 - e. Students who are returning after being out because of sickness
8. Be familiar with any emergency and 911 procedures.

HEAT ILLNESS SYMPTOMS AND TREATMENTS

(As recommended by the National Athletic Trainers Association, July 1999)

Heat illness is used to define several types of afflictions suffered when an individual experiences a raising body temperature and dehydration. Following are different forms identified by the NATA.

	<u>Symptoms</u>	<u>Treatment</u>
<u>Heat Cramps</u>	<ul style="list-style-type: none"> • Muscle spasms caused by an imbalance of water and electrolytes in muscles, usually affects the legs and abdominal muscles 	<ul style="list-style-type: none"> • Rest in a cool place • Drink plenty of fluids • Proper stretching and massaging • Application of ice in some cases
<u>Heat Exhaustion</u>	<ul style="list-style-type: none"> • Can be a precursor to heat stroke • Normal to high temperature • Heavy sweating • Skin is flushed or cool and pale • Headache, dizziness • Rapid pulse, nausea, weakness • Physical collapse may occur • Can occur without prior symptoms, such as cramps 	<ul style="list-style-type: none"> • Get to a cool place immediately • Drink plenty of fluids • Remove excess clothing • In some cases, immerse body in cool water
<u>Heat Stroke</u>	<ul style="list-style-type: none"> • Body's cooling system shuts down • Increased core temperature of 104 degrees F or greater • If untreated, can cause brain damage, internal organ damage, and death • Sweating stops • Shallow breathing and rapid pulse • Possible disorientation or lose consciousness • Possible irregular heartbeat and cardiac arrest 	<ul style="list-style-type: none"> • Call 911 immediately • Cool bath with ice packs near large arteries, such as neck, armpits, groin • Replenish fluids by drinking or intravenously, if needed • Student who has experienced a heat stroke must be cleared by a physician before returning to practice

GUIDELINES FOR HYDRATION DURING EXERCISE

1. Drink 16-24 oz. of fluid 1 to 2 hours before the workout or competition
2. Drink 4-8 oz. of water or sports drink during every 20 minutes of exercise.
3. Drink before you feel thirsty. When you feel thirsty, you have already lost needed fluids.

FLUID REPLACEMENT

<u>Weight Lost During Workout</u>	<u>Fluid Amount Needed to refuel</u>
2 pounds	30 oz.
4 pounds	64 oz.
6 pounds	96 oz.
8 pounds	128 oz.

Automated External Defibrillators (AEDs) - If your school has AED's, please review the procedures for operation with your AD or principal.

I have reviewed the **GUIDELINES FOR EXTRACURRICULAR ACTIVITIES IN EXTREME HOT AND HUMID WEATHER**, and I will assure compliance with my program.

Printed Name of Head Coach: _____

Signature of Head Coach: _____ Date: _____