

**Effective July 1, 2013, there is a new policy with regard to Extreme Heat. Information will be sent to Coaches of Fall Activities as well as local School Administrators.**

#### **XLVIII. EXTREME HEAT**

The OSSAA recognizes that heat related illness is the leading cause of preventable death in high school students participating in activities. The Board adopted the following policies:

**Acclimatization Period:** Whenever students are participating in an environment in which the temperature cannot be controlled there should be acclimatization period. The acclimatization period is defined as the first 14 days of participation beginning with the first date of practice in that sport or activity, or the first date a participant begins practice, whichever is later. Any speed, strength, or conditioning programs shall not be considered a part of the acclimatization period. All students participating in athletics or activities, including those who arrive to preseason practice after the first day of practice, are required to follow the guidelines of the first days of the acclimatization period.

All athletic coaches and marching band directors are required to view *A Guide to Heat Acclimatization and Heat Illness Prevention* at [www.nfhslearn.com](http://www.nfhslearn.com), annually. A certificate of completion shall be kept on file for each coach or marching band director at the member school.

#### **FOOTBALL (Mandates)**

- a. Preseason practice shall be limited to 2 ½ hours per session with a minimum of one hour between practice sessions. No more than 5 hours of practice per 24-hour period will be allowed. There will be no physical activity during the one-hour rest period. Any time a coach is present during football practice, the time will count toward the maximum 5 hours, with the exception of strength training.
- b. If a practice session is interrupted by inclement weather or heat restrictions, and it is required the session be divided for the good of the student-athlete's welfare as long as the total practice time does not exceed 2 ½ hours.
- c. When multiple practices are conducted in the same day, it is required that either practice not exceed 2½ hours in length and students not participate in more than five total hours of practice activities, including walk-through sessions. Warm-up, stretching, cool down and conditioning activities are included as part of the practice time. Practices should be separated by at least one hour, where there is no physical activity between the end of the first practice and the beginning of the second practice.
- d. Immediately prior to any practice, coaches are required to use a smart-phone APP, or other mechanism or program to get heat index, such as CoachSmart or the OSHA APP. There are also programs available on the Internet, such as AccuWeather, or Weather.com. These programs are free and can be used on any smart-phone, tablet, or computer. A chart outlining recommendations for making concessions for extreme heat is available on the OSSAA website, Schools must develop their own form to record the heat index each practice session.
- e. All practices must be held under the supervision of a coach employed by the school.
- f. Practices must always be conducted with an open water policy.
- g. Cooling stations shall be made available for the athletes (buckets of cool water, wet towels, sponges, etc.)
- h. Each program shall have a heat related emergency plan on hand at all times.

#### **Guidelines for outdoor activities:**

- a. Athletic Coaches or marching band directors should use a smart-phone APP, or other mechanism or program to get heat index, such as CoachSmart or the OSHA APP. There are also programs available on the Internet, such as AccuWeather, or Weather.com. These programs are free and can be used on any smart-phone, tablet, or computer. A chart outlining recommendations for making concessions for extreme heat is available on the OSSAA website. Schools must develop their own form to record the heat index each practice session.
- b. All practices should be held under the supervision of a coach, director, or sponsor employed by the school.
- c. Practices should always be conducted with an open water policy.
- d. Each program should have a heat related emergency plan on hand at all times.
- e. Preseason practice should be avoided if possible between the hours of 12 p.m. and 6 p.m.
- f. Parents and students should be educated on the importance of hydration during extreme heat conditions.
- g. Cooling stations should be made available when possible (buckets of cool water, wet towels, sponges, etc.)
- h. Equipment should be removed for conditioning.

# HEAT RELATED EMERGENCY PLAN

SPORT \_\_\_\_\_ DATE: \_\_\_\_\_

1. First responder should begin first aid.
2. Send additional responders, i.e. manager, uninjured student, or coach to notify Athletic Trainer, or call 911 if no Athletic Trainer is available.
3. If Athletic Trainer is unavailable, head coach will become leader, if head coach is unavailable another person shall be designated as leader.

- Leader shall instruct all others responding to situation.
- Leader's assistant shall assist in the evaluation of the student in distress.
- Designate someone to call 911 and activate EMS if situation necessitates.
- Gather information:
  - Name of student and gender, approximate age
  - Nature of distress
  - Location of athlete and directions to the site
  - Call back number for EMS to contact caller if needed
  - Designate a person to meet EMS
  - Designate person to ride with student if it is necessary to be transported
  - Contact parent or guardian of student

It is the Certified Athletic Trainer, or person designated as the Leader to report the incident to a school administrator.

It is the Certified Athletic Trainer, or person designated as the Leader to report the incident to the parent or guardian.

It is the Certified Athletic Trainer, or person designated as the Leader to document the circumstances surrounding the activity and all actions taken.

## DOCUMENTATION OF EVENT:

Leader's Name \_\_\_\_\_ Asst. Leader's Name \_\_\_\_\_

Person to meet EMS \_\_\_\_\_

Person accompanying student with EMS \_\_\_\_\_

## Contact information:

Athletic Trainer: Name and Phone \_\_\_\_\_

School Administrator: Name and Phone \_\_\_\_\_

Fire/Ambulance/EMS: 911

DESCRIBE CIRCUMSTANCES:

## HEAT RELATED ILLNESS CHART

<p>Under 95 degrees Heat Index</p>	<p>All activities</p> <ul style="list-style-type: none"> <li>➤ Provide ample amounts of water. This means that water should always be available and students should be able to take in as much water as they desire.</li> <li>➤ Optional water breaks every 30 minutes for 10 minutes in duration</li> <li>➤ Ice-down towels for cooling</li> <li>➤ Watch/monitor students carefully for necessary action.</li> </ul>
<p>95 degrees to 99 degrees Heat Index</p>	<p>All activities</p> <ul style="list-style-type: none"> <li>➤ Provide ample amounts of water. This means that water should always be available and students should be able to take in as much water as they desire.</li> <li>➤ Mandatory water breaks every 30 minutes for 10 minutes in duration</li> <li>➤ Ice-down towels for cooling</li> <li>➤ Watch/monitor students carefully for necessary action.</li> <li>➤ Helmets and other possible equipment removed while not involved in contact.</li> <li>➤ Reduce time of outside activity. Consider postponing practice to later in the day.</li> <li>➤ Re-check temperature and humidity every 30 minutes to monitor for increased Heat</li> </ul>
<p>100+ degrees</p>	<p>All activities</p> <ul style="list-style-type: none"> <li>➤ Provide ample amounts of water. This means that water should always be available and students should be able to take in as much water as they desire.</li> <li>➤ Mandatory water breaks every 30 minutes for 10 minutes in duration</li> <li>➤ Ice-down towels for cooling</li> <li>➤ Watch/monitor students carefully for necessary action.</li> <li>➤ Alter uniform by removing items if possible</li> <li>➤ Allow for changes to dry t-shirts and shorts.</li> <li>➤ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.</li> <li>➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.</li> <li>➤ Re-check temperature and humidity every 30 minutes to monitor for increased Heat</li> </ul>

## TYPES OF HEAT ILLNESS:

### Heat Cramps:

- Some students may experience heat cramps. This type of cramp is the tightening and spasms experienced in muscle. It is often preceded by heavy sweating and large electrolyte losses, this may look like white residue on clothing or equipment.
- If an student is experiencing heat cramps, he or she should stop the activity, find a cool spot to gently stretch and massage the muscle, and drink appropriate fluids like sports drinks (or salty foods and other fluids) that contain significant levels of sodium.

### Heat Exhaustion:

- Another type of heat illness is heat exhaustion. Conditions and signs of this problem can include profuse sweating, dehydration, fatigue, lightheadedness, rapid pulse, and low blood pressure. Body temperature may be slightly elevated. If heat exhaustion is suspected, the student should lie in a cool place with legs elevated, have cool, wet towels applied to the body, drink cool fluids, and have someone monitor their vital signs. With heat exhaustion, often the ill student feels better when he or she rests in a cool place and replenishes fluids by drinking cool liquids. Continue to monitor the student. If signs are present that the illness is severe or progressing, activate the emergency action plan. Check the student for warning signs. Call 911 or the local emergency number immediately. Have someone administer your emergency care plan.

### Heat Stroke:

- This is the most serious heat-related illness. With heat stroke, an student will have a high body temperature – 104° F or higher - and could have red, hot, dry or moist skin, vomit, be incoherent or lose consciousness, have shallow breathing and/or a weak pulse. He or she might experience mild shock, convulsions, or a coma, and can die from heat stroke.
- If he or she goes into respiratory or cardiac arrest, begin rescue breathing or CPR, as appropriate. Cool by any means possible, as quickly as possible. If necessary, medical or coaching personnel should place the player in an ice bath or “cool pool” and call for emergency medical services (EMS). Continue to cool and monitor the student while awaiting EMS.

HEAT INDEX	HEAT-RELATED EFFECTS
80-89	Fatigue
90-104	Heat cramps, and heat exhaustion
105-129	Heat cramps or heat exhaustion likely
130+	Heat Stroke Highly likely