

# Edgewood ISD Hot Weather Guidelines for Outdoor Athletic Practice

Head Coaches must use good judgment when making decisions about practicing outdoors in extremely hot weather. The following guidelines have been established in order to provide a safe and healthy environment for our students who are participating in outdoor activities. It is the responsibility of all coaches to ensure these guidelines are being followed.

## Heat index of less than 100

- No restrictions. Intermittent water breaks.

## Heat index of 100-105

- High school workouts limited to 3 hours, 10-minute break every 45 minutes.
- Middle school workouts limited to 1 1/2 hours, 10-minute break every 30 minutes.
- Cross country must stay on campus; limit runs to 1/2 normal length.
- Conditioning for football should take place without helmets and shoulder pads.
- Athletes allowed to remove helmets if not actively participating.
- Unrestricted access to water as needed.
- Athletes monitored for 10 minutes after practice prior to leaving campus

## Heat index of 106-110

- High school workout limited to 1 1/2 hours, 10-minute break every 45 minutes
- Middle school workouts limited to 1 1/2 hours, 10-minute break every 30 minutes
- Unrestricted access to water as needed.
- A 10-minute break should proceed all conditioning for high school
- Conditioning should take place without helmets/shoulder pads and not exceed 10 minutes
- Middle school conditioning should be moved indoors
- Extra conditioning/running cancelled
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or repercussions
- Athletes monitored for 10 minutes after practice prior to leaving campus

## Heat Index of 111-115

- High school workout limited to 3-20 minute periods, 10-minute water breaks in between periods
- Middle school workouts should be moved indoors
- Shorts and T-shirts, helmets for high school workouts
- Practice shortened to 1 ½ hours for high school
- Unrestricted access to water as needed.
- 15-minute break every hour
- Conditioning should take place indoors
- Decrease repetitions and practice for overweight individuals

- Asthmatic athletes may remove themselves from workout without penalties or repercussions
- Athletes monitored for 10 minutes after practice prior to leaving campus

Heat index of greater than 115 🔥 🔥 🔥 🔥

- No outdoor workout

Be aware of temperature and humidity levels. Change practice length, intensity and equipment use as the levels rise. It should be easy for athletes to drink fluids during practice, and you should remind them to drink regularly. Fluid breaks should be scheduled for all practices and become more frequent as the heat and humidity levels rise. Always have contact information for your athletic trainer available.

**Examples of rapid cooling are as follows (please use what you have available):**

- Remove from heat, this includes but not limited to: Shade, air-conditioned room, etc.
- Cold Water Immersion: Utilization of tub, tarp, whirlpool, etc.
- Dousing with cold water; ie. Using ice water from coolers on the body directly, cold showers, etc.
- Cold towels making sure to replace them when they are no longer cold
- Ice bags in armpits and groin
- Fanning athlete



All outdoor coaches should use the Weather Bug app to monitor conditions and look under “Feels Like” on the main page to determine heat index. We also currently use this app to monitor lightning.



# BEAT THE HEAT

Summer's high temperatures put student athletes at increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe, to heat stroke, which can be deadly. Although heat illnesses can be fatal, death is preventable if they're quickly recognized and properly treated.

## DEHYDRATION AND HEAT ILLNESSES



As a rule-of-thumb, most athletes should consume 200 to 300 milliliters of fluid every

**15 MINUTES**  
OF EXERCISE.

It takes only **30 MINUTES** for cell damage to occur with a core body temperature of 105 degrees.



Currently, 13 states have heat-acclimatization policies, for secondary school athletics with New Jersey being the first.



Exertional heat stroke is one of the top three killers of athletes and soldiers in training.

- From 2010-15, 20 athletic heat stroke fatalities were reported.
- It takes seven to 14 days for a body to adapt to exercising in the heat.
- Dehydration at levels of 3 to 4 percent body mass loss can reduce muscle strength by an estimated 2 percent.

### SAFETY TIPS

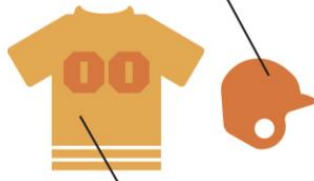


Have sports drinks on hand for workout sessions lasting longer than an hour.

Keep beverages cold – cold beverages are consumed 50 percent more than warm beverages.

Hydrate before, during and after activity.

Remove unnecessary equipment, such as helmets and padding, when environmental conditions become extreme.



Clothing worn by athletes should be light colored, lightweight and protect against the sun.

- For the first week or so, hold shorter practices with lighter equipment so players can acclimate to the heat.
- Follow a work-to-rest ratio, such as 10-minute breaks after 40 minutes of exercise.
- Get an accurate measurement of heat stress using a wet-bulb globe temperature, which accounts for ambient temperature, relative humidity and radiation from the sun.
- If someone is suffering from exertional heat stroke, remember to cool first and transport second.
- Have large cold tubs ready before all practices and games in case cold water immersion is needed to treat exertional heat stroke.

## SIGNS OF MINOR HEAT ILLNESS



Dizziness

Cramps, muscular tightening and spasms



Lightheadedness, when not associated with other symptoms

### EARLY WARNING SIGNS OF EXERTIONAL HEAT STROKE

Headache, dizziness, confusion and disorientation

Excessive sweating and/or flushing

Fatigue

Nausea and/or vomiting

Chills and/or goose bumps



## SIGNS OF EXERTIONAL HEAT STROKE



Core body temperature of more than 105 degrees



Signs of nervous system dysfunction, such as confusion, aggression and loss of consciousness



Increased heart rate

Rapid breathing



Low blood pressure

Seizures



Sources: Korey Stringer Institute, American Medical Society for Sports Medicine, NATA