

Clear Creek ISD Heat Guidelines

Trainers will notify the coaches, sponsors, and principals when the temperature reaches 104 degrees.

HEAT

Elementary Schools

- ◆ When the temperatures reach 95 degrees or above, elementary students will remain in air-conditioned areas of the school. This would pertain to physical education classes and to recess. All after-school programs will be held in air-conditioned areas of the school until 6:00 pm.

Intermediate and Secondary Physical Education Classes

- ◆ When the temperature reaches 100 degrees or above, all physical education students will remain in air-conditioned areas of the school.

Intermediate Extracurricular Activities

- ◆ When the temperature reaches 100 degrees, football players will be dressed in shirts and helmets only. All students in the sensitive group may sit out without penalty.
- ◆ When the temperature reaches one of the following conditions then all outside practices will choose one or more of the options listed.
 - 104 degrees or above
 - 100 degrees or above AND the humidity is 45% or above
- ◆ OPTIONS for meet conditions are:
 - Practice will be moved to air-conditioned areas
 - Practice will be called
- Practice will begin after 6:00 pm.

Secondary Extracurricular Activities

- ◆ When the temperature reaches 100 degrees or above, all students in the sensitive group may sit out without penalty.
- ◆ When the temperature reaches one of the following conditions then all outside practices will choose one or more of the options listed.
 - 104 degrees or above
 - 100 degrees or above AND the humidity is 45% or above
- ◆ OPTIONS for meet conditions are:
 - Practice will be moved to air-conditioned areas
 - Practice will be called
 - Practice will begin after 6:00 pm.

All Coaches, Sponsors and Directors are certified in first aid and CPR. They will receive heat stress training and lightning safety prior to the start of each school year.

Heat Illnesses

Prevention

- a. Shade – be sure to identify the spot before the season starts, may have to be indoors
- b. Water and sports drinks throughout the day
- c. Drink water during practice
- d. Water breaks must be taken no longer than 20 minutes apart
- e. Allow everyone to drink their fill on water breaks
- f. Football – Have child remove their helmets during water breaks
- g. Make everyone take a water break even if they feel they don't need it. This is an indication that the body's fluid levels are already too low.
- h. Stay in air-conditioned areas when not practicing so the body has time to cool itself
- i. Avoid caffeine such as tea, coffee and soda
- s.
- j. Avoid carbonated drinks
- k. Avoid spicy foods
- l. Three proper meals are a must every day
- m. Avoid a lot of fatty foods
- n. Add a small amount of additional salt on foods
- o. Discourage salt tablets. A little extra take salt on food is plenty
- p. If a student has been sick, do not attempt to have him/her go through an entire practice when he/she first returns.
- q. Encourage these foods/liquids: potatoes, bananas, oranges and orange juice
- r. Always have them wear light colored, lightweight, loose fitting clothes when possible.

TYPES OF HEAT ILLNESSES

No two students are exactly alike, **which means you must constantly monitor all your students or athletes for signs of heat-related illness.** Students may try to ignore the seriousness of heat illness, but coaches and directors must take no chances when symptoms appear. Learn to recognize the warning signs of the most dangerous forms of heat illness, heat exhaustion and heat stroke. Be ready to respond with appropriate care.

Heat Cramps

- a. Signs and symptoms include painful spasms usually in the calves and abdomen
- b. Treatment is cooling techniques and stretching

Heat Exhaustion

- a. Signs and symptoms include weakness, exhaustion, headache, dizziness, pupils are dilated, temperature can be normal - 102°F, hyperventilation, vomiting, profuse sweating, decreased attention span, skin can be pale and unconsciousness
- b. Treatment includes cooling techniques, lie down with feet elevated, student should be removed from practices for the remainder of the day unless qualified medical personnel clears them to participate

Heat Stroke

- a. This is a medical emergency and can lead to permanent brain damage or even death
- b. When heat exhaustion has not been properly treated, heat stroke is the result
- c. Signs and symptoms include disorientation, collapsing, unconsciousness, red dry hot flushed skin, dark-skinned people look ashen, temperature of 104°F and higher, no sweating.
- d. Treatments are an immediate call to 911 and then while you wait, begin cooling techniques.
- e. Return to play should not occur without a doctor's release.

Cooling Techniques

- a. Get to a shady area – identify this before the start of the season
- b. Use of icy water towels
- c. Drink water and sports drinks

- d. Remove equipment and remove tight fitting clothing, if possible
- e. Remove clothing that is sweat-soaked and replace with dry clothing, if possible
- f. Identify who the person is responsible for staying with that student
- g. Know where your phones are if 911 is needed
- h. Know where your emergency cards are at every practice so parents can be called expeditiously if needed.

For Athletes:

1. Athletes should **weigh** each day before and after practice and **weight charts checked**. Generally a three percent weight loss through sweating is considered safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
2. Observe students carefully for signs of trouble, particularly those who lose significant weight, and the eager athlete who constantly competes at his/her capacity. Some signs of trouble are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
3. The **best defense is prevention**. Here are some **prevention tips**:
 - Students should drink more fluids regardless of their activity level. Don't wait until you are thirsty to drink.
 - Discourage students from drinking liquids with caffeine, or large amounts of sugar- these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
 - It is essential to provide gradual acclimatization to hot weather. Acclimatization is the process of becoming adjusted to the heat by exercising in the heat gradually.