



Laredo Independent School District: Outdoor Activity Heat Protocol

Laredo ISD Heat Protocol Committee:

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Laredo ISD places the highest value on the safety and well-being of all students. The District recognizes that our geographic location places our students at risk for heat illness during organized outdoor activities. This protocol is developed with the intent of preventing heat illness. Update: 8/5/10

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Applicability and General Directions

Applicability:

- Protocol applies during all organized outdoor activities : Practices, class activities, organized student events, game-associated activities
- Protocol applies to the following groups: Athletics, Band, Cheerleading, ROTC, Physical Education, and other organized student activities

Maximum length of outdoor practices:

- The maximum length of any single outdoor preseason practice is 3 hours. Practice length must be adjusted based on Heat Index Stage Modification.
- The maximum length of any outdoor practice during the calendar year is 2.5 hours.

During all outdoor activities:

- Water must be on the field and readily available to outdoor participants at all times.
- Coaches or sponsors shall monitor students at all time for signs of heat illness.

Implementation:

- Heat Index Stage Modifications (page 4) will be implemented during all organized outdoor activities.
- Sponsor or Coach in charge of outdoor activity (practice, game, or other organized outdoor event) is responsible for implementation of all requirements of the “LISD Outdoor Activity Heat Protocol”
- Heat Index Chart (page 9) or LISD Heat Index Calculator website (available on LISD Athletics, Health Services Department, and Fine Arts Department websites) should be consulted prior to all organized outdoor activities. *Heat Index is to be monitored hourly during outdoor activities.*
- Outdoor activity sponsor or coach is responsible for implementing and documenting Heat Index Stage Modifications.

Heat Index Stage Modifications

Stage 1: Below 90 on the Heat Index Chart

Water breaks every 15- 20 minutes

Stage 2: Between 90 and 104 on the Heat Index Chart

Extreme Caution: Possible Heat Cramps and/or Heat Exhaustion with prolonged exposure

Reduce duration, intensity, or both

Water breaks every 15 minutes

10 minute break every hour, shaded area preferred

Stage 3: Between 105 and 114 on the Heat Index Chart

Danger: Heat Advisory Possible Heat Stroke with prolonged exposure

15 minute rest break and water break every hour, shaded area preferable

Dry and wet towels available for outdoor participants

Consider moving practice to cooler part of the day or evening or to shaded area

Limit full band uniform activities to 15 minutes

Limit football players to helmets and shoulder pads or pants or girdle only

Helmets off while not in active football participation

Remove helmets and shoulder pads last 30 minutes of football practice

Limit football conditioning to shorts and shimmell only

Stage 4: Between 115 and 123 on the Heat Index Chart

Excessive Heat Warning: Possible Heat Stroke with prolonged exposure

Limit all outdoor activity to 30 minutes

Water break every 10 minutes, shaded area preferable

Dry and wet towels available for athletes

Consider moving practice to cooler part of the day or evening or to a shaded area

No full uniform activities

No conditioning

Shorts and shimmell only

Stage 5: 110°F on the thermometer or above 123 on the Heat Index Chart

Terminate all outdoor practices, activities, or games.

No outdoor activities allowed.

Grateful acknowledgment to Bulloch County Schools; Statesboro, GA for use of template

Preseason Sports and Activities Practice Regulations:
Practice Activities Outside the School Year Calendar

Preseason practice regulations for sports and activities that begin prior to the school year are:

- Student athletes shall not engage in more than three hours of practice activities on those days during which one practice is allowed
- Student athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted
- The maximum length of any single practice session is three hours
- On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice
- On days when more than one practice is scheduled: no practice activities can take place during the minimum one hour rest/recovery time between the end of one practice and the beginning of the next practice. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory conditioning period

When determining how to count times spent as “Practice Activities”, consult the following chart:

What Counts	What Doesn't Count
Actual on field/court practice	Meetings
Sport specific skill instruction	Weight training
Mandatory conditioning	Film study
	Water breaks
	Rest breaks
	Injury treatment
	Voluntary conditioning

Source: UIL 2009-2010 Football Manual

Outdoor Activities Acclimatization Period

“Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **gradual acclimatization to hot weather**. 80% acclimatization can be expected to occur after the first seven to ten days. Final stages of acclimatization are marked by increased sweating and reduced salt concentration in the sweat.”

The following acclimatization activities will be followed for all outdoor practice activities:

- Unlimited access to water will be provided at all practices
- All practices shall allow for water breaks and general acclimatization to hot and humid weather
- Follow Heat Index Chart and/or LISD weblink to determine Heat Index Stage modifications.

Football:

- During the first four days of practice, shorts, shimmels and helmets are the only equipment allowed.
- On the fifth day of practice, student-athlete may participate in full pads. (Note: Follow additional Heat Index modifications for Heat Index Stage 4 or Stage 5).

Sources: UIL Health and Safety: Heat Stress and Athletic Participation, www.uil.texas.edu
UIL 2009-2010 Football Manual

Heat Illness Levels, Signs and Symptoms

Heat related illnesses are all preventable. There is no excuse for heatstroke death.

As per UIL, during hot weather conditions, the outdoor participant is subject to the following:

Heat Cramps:

- Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in heat and depletion of salt and water due to sweating

Heat Syncope:

- Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat.
- Predisposes the participant to heatstroke

Heat Exhaustion (Water Depletion)

This is a 911 Emergency

- Excessive weight loss, reduced sweating, elevated skin and body temperature
- Excessive thirst, weakness, headache and sometimes unconsciousness.

Heat Exhaustion (Salt Depletion)

This is a 911 Emergency

- Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts [Note: modest salting of food after practice or games will accomplish this purpose. Salt tablets are not recommended.]

Heatstroke

This is a 911 Emergency

- An acute medical emergency related to thermoregulatory failure.
- Associated with nausea, seizures, disorientation, and possible unconsciousness or coma.
- May occur suddenly without being preceded by any other clinical signs.
- The individual is usually unconscious with a high body temperature and a hot dry skin (although heatstroke victims, contrary to popular belief, may sweat profusely).

Source: UIL Health and Safety: Heat Stress and Athletic Participation, www.uil.texas.edu

Monitoring and Emergency Plans

Heat related illnesses are all preventable. There are no excuses for heatstroke deaths if the proper precautions are taken.

- Coaches or sponsors should monitor students at all times for signs or symptoms of Heat Illness.
- The main problem with exercising in hot weather is water loss through sweating. Water loss is best replaced by allowing the outdoor participant unlimited access to water. **Water should be available in unlimited quantities.** Never restrict the amount of water an outdoor participant drinks, and be sure they are drinking water. **Attention must be directed to replacing water – fluid replacement is essential.** Cold water is preferable. Drinking plenty of water before practice or games has also been found to aid performance in the heat.
- Each Coach or Sponsor should know what to do in case of emergency and have written departmental emergency plans available. Each Coach or Sponsor should be familiar with immediate first aid practices and prearranged procedures for obtaining medical care, including ambulance service.
- **Heat Exhaustion. CALL 911. OBTAIN MEDICAL CARE AT ONCE.** Cool body as you would for heat stroke while waiting for transfer to the hospital. Give fluids to the participant if he/she is able to swallow and is conscious.
- **Heat Stroke is a medical emergency. CALL 911. DELAY COULD BE FATAL.** Immediately cool body while waiting for transfer to a hospital. Remove clothing and place ice bags on the neck, in the axilla(armpit), and on the groin area. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling.

Source: UIL Health and Safety: Heat Stress and Athletic Participation www.uil.texas.edu

Heat Index Stage Chart

Source: www.usmra.com/heat/heatindex.htm

Temperature in Degrees Fahrenheit

Relative Humidity

	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
0	64	66	68	70	72	73	75	77	78	80	83	84	86	88	90	91	93	95	96	98	99
5	64	66	68	71	72	74	76	77	79	82	84	86	87	89	91	93	95	97	98	100	102
10	65	67	69	71	73	75	77	79	81	83	85	87	88	91	93	95	97	99	101	104	105
15	65	68	70	72	74	76	78	80	82	84	86	88	90	93	95	97	99	102	105	107	108
20	66	68	71	73	75	77	79	81	83	85	87	89	92	95	97	99	102	105	107	110	112
25	67	69	72	74	76	77	80	82	85	87	88	91	94	96	98	101	105	108	110	114	117
30	67	70	72	75	77	78	81	83	86	88	90	93	95	98	101	104	107	110	115	120	124
35	68	70	73	75	77	79	82	84	86	89	91	95	97	100	104	107	111	116	120	126	130
40	68	71	73	76	77	79	82	85	87	90	93	96	99	103	107	110	116	121	127		
45	69	72	74	76	78	80	84	86	88	91	93	96	99	106	110	115	121	127			
50	69	72	74	77	78	81	84	87	90	93	95	98	101	109	115	120	127				
55	70	72	75	78	79	82	85	88	91	95	96	100	105	114	120	125					
60	70	73	75	78	80	83	86	89	93	97	98	103	107	118	125						
65	70	73	76	78	81	84	87	91	95	99	103	109	115	124							
70	70	74	77	79	82	85	89	93	97	101	106	113	120	129							
75	70	74	77	79	82	86	90	95	99	105	110	118	125								
80	71	74	77	79	83	86	91	96	101	107	114	122	130								
85	71	75	77	80	85	87	94	98	105	111	117	127									
90	71	75	78	81	85	89	95	100	107	115	122										
95	72	75	78	82	83	90	97	103	110	118	125										
100	72	76	79	83	87	91	98	106	115	121	130										

Stage 1: Green

Stage 2: Yellow

Stage 3: Turquoise

Stage 4: Pink

Stage 5: Red

Implementation and Documentation:

1. Obtain current temperature and relative humidity via [www.accuweather](http://www.accuweather.com) on an hourly basis.
2. Obtain Stage Level by reading chart.
3. Implement and document modifications based on Stage Level.
4. Check current temperature and relative humidity on an hourly basis as Stage Level may change as day gets hotter or cooler

Laredo Independent School District

Heat Index Record: Heat Index should be checked hourly during outdoor activities.

Sport or Organized Activity: _____

Coach or Sponsor: _____

Date	Practice Time	Heat Index Checked	Heat Index	Stage Level	Signature
Example: 8/24/10	8:00 am	7:30 am	84	Stage 1	John Doe

Using the Stage Level provided or the Laredo ISD Heat Index Calculator, the outdoor practice or activity should be altered according to the following schedule:

Stage 1	Water breaks every 15-20 minutes
Stage 2	Reduce duration, intensity, or both Water breaks every 15 minutes 10 minute break every hour, shaded area preferred
Stage 3	15 minute rest break and water break every hour, shaded area preferable Dry and wet towels available for outdoor participants Consider moving practice to cooler part of the day or evening or to shaded area Limit full band uniform activities to 15 minutes Limit football players to helmets and shoulder pads or pants or girdle only Helmets off while not in active football participation Remove helmets and shoulder pads last 30 minutes of football practice Limit football conditioning to shorts and shimmels only
Stage 4	Limit all outdoor activity to 30 minutes Water break every 10 minutes, shaded area preferable Dry and wet towels available for athletes Consider moving practice to cooler part of the day or evening or to a shaded area No full uniform activities No conditioning Shorts and shimmels only
Stage 5	Terminate all outdoor practices, activities, or games. No outdoor activities allowed.

Grateful acknowledgment to :Oregon School Activities Association for template