

GRANT COMMUNITY HIGH SCHOOL

HEAT PREVENTION GUIDELINES AND RECOMMENDATIONS

Exposure to hot weather during athletics is uncomfortable for athletes and can potentially impair performance and even become life threatening. The following guidelines and recommendations will be used to make decisions concerning activities during days of heat stress using WBGT (Wet Bulb Globe Temp), air temperature, humidity, heat index and wind speed.

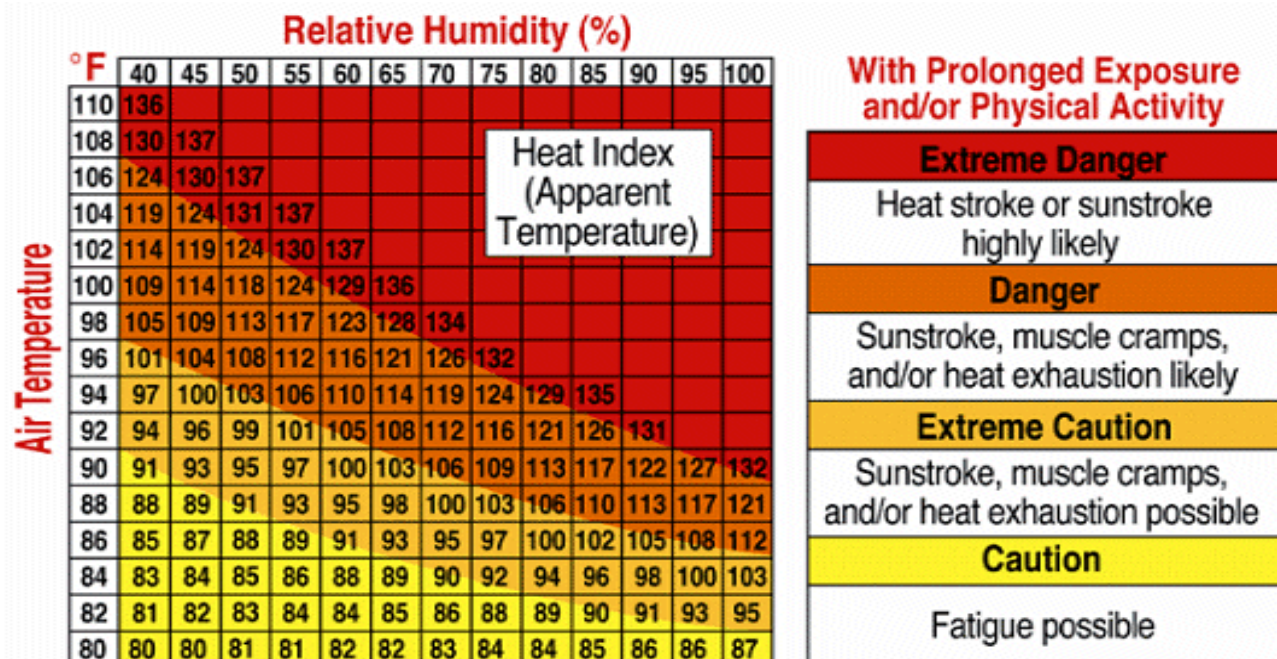
HOT WEATHER SAFETY

- Athletes should acclimatize their body to weather conditions.
- Proper hydration before, during and after workouts. Athletes must begin workouts hydrated
- Modify activities in relation to environmental heat stress and contributing individual risk factors (ie: illness, obesity)
- Monitor all athletes during workouts and training in the heat. Recognize early and serious signs of distress and developing heat illness
- If possible, monitor athlete weights before and after practice or workouts
- Prepare cooling areas (Shade, cooling tubs, fans, ice towels)
- Adjust intensity, rest breaks and consider reducing uniform equipment

ENVIRONMENTAL ASSESSMENT

- Evaluate projected weather information, including WBGT, air temperature, humidity, and heat index.
- Identify athletes who may be susceptible for heat stress
- Have alternate plans in place for deteriorating conditions and activities that must be adjusted or canceled
- Guidelines will be used in planning activity depending on the WBGT (Wet bulb globe temperature), air temperature, humidity and heat index. Conditions should be constantly reevaluated, and documented every 30 to 60 min for changes

HEAT INDEX CHART



GUIDELINES AND RECOMMENDATIONS

** Established by the IHSA (Illinois High School Association) "Play it safe in heat brochure"

hi	GREEN	YELLOW	ORANGE	RED	BLACK
WET BULB GLOBE TEMP (WBGT) (PREFERRED)	≤ 79.9°F	80-84.5° F	84.6-87.5° F	87.6-89.9° F	≥ 89.9°F
HEAT INDEX	≤ 84° F	84-95° F	96-99° F	100-104° F	≥ 104° F
Provide ample amounts of water	X	X	X	X	
10 min optional water breaks every 30 min	Optional	Optional	Mandatory	Mandatory	
Watch/monitor athletes carefully for necessary action	X	X	X	X	
Provide cooling areas - Cold tub, shade, fans, cold towels	X	X	X	X	
Helmets and other equipment removed when not involved in contact		X	X	X	
Re-check WBGT and heat index every 30 min		X	X	X	
Alter uniform by removing items if possible; discontinue any activity that requires helmet/and or shoulder pads			X	X	
Allow for changes to dry t-shirts and shorts			X	X	
Recommend moving practices before 10 am or after 5 pm			X	X	
Reduce time of outside activity and indoor activity if A/C is not available			2 Hrs Max	≤ 1 Hr	
NO OUTDOOR ACTIVITIES					X