

HOT WEATHER PROCEDURE

By the nature of our weather, school staff/coaches should be well aware of the physical problems for their students/athletes when practices are conducted in hot weather. Hot weather practices causing heat illness to students/athletes are a major concern of The American College of Sports Medicine, The American Academy of Pediatrics, The National Trainers Association, The National Federation of High Schools, and Madera Unified School District.

Many States have adopted procedures and policies to deal with Hot Weather Practices/Games. The procedures and policies include limiting practice times, modifying practice, and canceling practices/games. At this point, California has yet to adopt a statewide policy. For the safety of our student and athletes, Madera Unified School District has implemented the following Procedures:

Stage 1: Forecast under 95 Degrees	All Sports
	<ul style="list-style-type: none">• Provide ample amounts of water. This means that water should always be available, and athletes should be able to take in as much water as they desire.• Athletes should be able to get water when they feel the need.• Optional water breaks every 30 minutes for 10 minutes in duration.• Watch/monitor athletes carefully for necessary action.
Stage 2: Forecast from 95 Degrees to 99 Degrees	All Sports
	<ul style="list-style-type: none">• Provide ample amounts of water. This means that water should always be available, and athletes should be able to take in as much water as they desire• Athletes should be able to get water when they feel the need.• Mandatory water breaks every 30 minutes for 10 minutes in duration.• Watch/monitor athletes carefully for necessary action.
Stage 3: Forecast from 100 Degrees to 104 Degrees	All Sports
	<ul style="list-style-type: none">• Provide ample amounts of water. This means that water should always be available, and athletes should be able to take in as much water as they desire.• Athletes should be able to get water when they feel the need.• Mandatory water breaks every 30 minutes for 10 minutes in duration.• Watch/monitor athletes carefully for necessary action.• FOOTBALL: Coaches need to be sensitive to heat-related issues.<ul style="list-style-type: none">○ If humidity is forecasted for 25%+, or if the day is muggy (humid), be prepared for stage 4 or 5.

Stage 4: Forecast for 105+ Degrees	All Sports
Schools should be prepared for a potential notification from the District Athletic Office.	<ul style="list-style-type: none"> • No long-distance running or strenuous conditioning/practice if the Heat index is 105 or higher. • Frequent hydration whenever needed. • Frequent shade breaks. • If possible, practice before 11:00 am and after 7:00 pm. • All coaches need to be sensitive to heat-related issues. <ul style="list-style-type: none"> ◦ FOOTBALL: No Pads if the heat index is 105+.
Stage 5: Heat Advisory	All Sports
A heat advisory is issued when the index is 105, and the nighttime heat index is above 80.	<ul style="list-style-type: none"> • All Games and practices are cancelled until the heat advisory is lifted.

Precautions for Hot Weather Athletics

The main problem associated with exercising in hot weather is water loss through sweating. Water loss is best replaced by allowing a "water as needed" policy. The athlete should be allowed water anytime they feel the need. **Coaches should make sure all athletes are taking in fluids.** In addition, the following precautions should be taken:

1. A physical examination with the athlete's school health history available to the examining physician. State high school associations' recommendations should be followed annually regarding heat stress.
2. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the physical condition of their athletes and gear their practice schedules accordingly.
3. **The acclimatization factor to heat is necessary.** It is the process of adjusting to the heat, and it is essential to provide for gradual acclimation to hot weather activities. It is suggested that a gradual physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. It is recommended that our coaches wisely use spring practice time, the preconditioning week in August, and pre-schedule practice
4. With acclimatization well in mind. **FOOTBALL ONLY:** The guidelines for the CIF mandatory **Acclimatization Period** is as follows:
 - **Days 1 & 2:** Footballs, football shoes, and helmets are permitted.
 - **Days 3 - 5:** Helmets and shoulder pads.
 - **Day 6 and beyond:** Beginning the 6th day, all equipment can be worn, and full contact may begin.
5. The old idea that water should be withheld from athletes during workouts has no scientific foundation. **The most important safeguard to the athlete's health is water replacement.** Iced water is preferable.
6. Know both the temperature and the humidity. The greater the humidity, the more difficult it is for the body to cool itself. Madera generally has low humidity, and that is a plus. But our late summer and early fall usually have very high temperatures- we must be just as alert and preventative.
7. Cooling by evaporation is proportional to the area of skin exposed in extremely hot weather; reduce the amount of coverage on the body as much as possible. Never use rubberized clothing.
8. After strenuous practice, athletes should replace fluids. Water or sports drinks should be encouraged.
9. Athletes should weigh each day before and after practice and have weight charts checked. Generally, a three percent weight loss is safe through sweating, and over a three percent weight loss is in the danger zone. Compensate with a less rigorous workout in weather that is hot.
10. Watch your athletes carefully-particularly those who lose much weight, overweight athletes, and the over-eager athlete. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and instability.
11. Know what to do in case of such an emergency. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

Signs of Heat Illness Heat

Cramps

Painful cramps and spasms of active muscles most common in the calf muscles caused by intense and prolonged exercise in the heat and depletions of water and salt due to sweating.

Heat Fatigue

Depleting water and salt causes weakness and tiredness due to sweating and exercise in the heat.

Medical Emergencies

Heat Exhaustion

Heat exhaustion is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Signs and symptoms of heat exhaustion often begin suddenly, sometimes after exercise, heavy perspiration, and inadequate fluid intake.

Signs and symptoms resemble those of shock and may include:

- Feeling faint
- Nausea
- Heavy sweating
- Ashen appearance
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist skin
- Low-grade fever

Heat Exhaustion: First Aid

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing
- Have the person drink cool water or a sport drink containing electrolytes.
- Cool the person by spraying or sponging them with cool water and fanning them.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke. If fever is greater than 102 F, fainting, confusion, or seizures occur, dial 911 or call for emergency medical assistance.

Heatstroke

Heatstroke is a life-threatening medical emergency. Heatstroke is much more severe and potentially life-threatening because the body's standard mechanisms for dealing with heat stress, such as sweating and temperature control, are lost. The main sign of heatstroke is a markedly elevated body temperature - generally greater than 104 F - with changes in mental status ranging from personality changes to confusion to coma. The skin may be hot and dry, although the skin is usually moist in heatstroke caused by exertion.

Other signs and symptoms may include:

- Rapid heartbeat
- Rapid and shallow breathing
- Elevated or lowered blood pressure
- Cessation of sweating
- Irritability, confusion, or unconsciousness
- Fainting, which may be the first sign in older adults

Heatstroke: First Aid

- Move the person out of the sun and into a shady or air-conditioned space
- Dial 911 or call for emergency medical assistance
- Cool the person by covering them with damp sheets or spraying them with cool water. Direct air into the person with a fan or newspaper