

Students
EXCESSIVE HEAT GUIDELINES FOR STUDENTS AND ATHLETES

The following procedures must be followed to ensure the prevention and awareness of heat related illness to students and athletes. It is the responsibility of site leaders and athletic directors to monitor the air temperature and modify activities. In addition to the air temperature, site leaders and coaches should be aware of the impact of humidity on the heat index. The district office will notify each site at the Stage 4 level and the impact of the humidity on the heat index.

<p>Stage 1: Air Temperature under 95°</p>	<p>All Outdoor Activities</p> <ul style="list-style-type: none"> ▪ Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as needed. ▪ Optional water breaks every 30 minutes. ▪ Watch/monitor student/athletes carefully for necessary action.
<p>Stage 2: Air Temperature 95° - 99°</p>	<p>All Outdoor Activities</p> <ul style="list-style-type: none"> ▪ Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as needed. ▪ Mandatory water breaks every 30 minutes for 5 minutes in duration. ▪ Football: Remove helmet during breaks and allow to cool. ▪ Watch/monitor student/athletes carefully for necessary action.
<p>Stage 3: Air Temperature 100° - 104°</p>	<p>All Outdoor Activities</p> <ul style="list-style-type: none"> ▪ Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as needed. ▪ Mandatory water breaks every 15 minutes for 5 minutes in duration. ▪ Provide a shade area if needed such as MPR or Gym. ▪ Football: Remove helmet during breaks and allow to cool ▪ Sensitive individuals should be restricted/monitored per medical history. ▪ Watch/monitor student/athletes carefully for signs and symptoms of heat exhaustion/heatstroke.
<p>Stage 4, Air Temperature 105° - 108°</p>	<p>All Outdoor Activities</p> <ul style="list-style-type: none"> ▪ Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as needed. ▪ No long distance running or strenuous conditioning. ▪ Reduce vigorous practice time to 30 minutes. ▪ Mandatory water breaks every 15 minutes for 5 minutes in duration. ▪ No Football helmets or pads for practice. ▪ Provide a shade area if needed such as MPR or Gym. ▪ Sensitive individuals should be restricted/monitored per medical history. ▪ Watch/monitor student/athletes carefully for signs and symptoms of heat exhaustion/heatstroke.

Stage 5, Air Temperature 109°+	<p>All Outdoor Activities</p> <ul style="list-style-type: none">▪ No outdoor activity.▪ All games cancelled, rescheduled to a different date, or postponed until Heat Advisory lifted▪ Practices will be conducted before 11am and after 7pm
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