

# ALVIN ISD HEAT PROCEDURES

The following are the recommendations of the AISD Sports Medicine Department for outdoor activities:  
 Local temperature can be obtained by: Logging on to [www.weather.com](http://www.weather.com) or <http://dashboard.pocketperry.com>

## Heat Illness/ Injury

Living in Texas provides many opportunities for heat issues for our athletes. Please keep in mind that while it is a major concern in August and September, heat issues can happen any time of the year and in any sport, including indoor sports like volleyball and basketball. Please observe your athletes for any of the following problems. If you have an athlete having problems with the heat, please contact the staff athletic trainers immediately stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

DISORDER	CAUSE	SIGNS	TREATMENT
HEAT CRAMPS	EXCESSIVE FLUID LOSS, ELECTROLYTE IMBALANCE, POOR ACCLIMATIZATION	PROFUSE SWEATING, CRAMPS IN ABDOMEN AND/OR EXTREMITIES	REST IN COOL ENVIRONMENT, DRINK WATER, PASSIVE STRETCHING, STOP ALL ACTIVITY UNTIL CONTROLLED
HEAT EXHAUSTION	PROFUSE SWEATING WITHOUT ADEQUATE FLUID REPLACEMENT, VOMITING OR DIARRHEA	WEAKNESS, FAINT, DIZZY, HEADACHE, NAUSEA, PALE, PROFUSE SWEATING. SKIN IS GRAY AND ASHEN AND COLD AND CLAMMY	REST IN A COOL ENVIRONMENT, INGEST FLUIDS, SPONGE WITH COOL WATER, DISCONTINUE ACTIVITY
HEAT STROKE	HEAT STROKE DEPLETION OF WATER STORES, FAILURE OF THE BODY TO COOL. THIS IS A MEDICAL EMERGENCY	POSSIBLE UNCONSCIOUSNESS, HYSTERIA THAT PROGRESSES TO APATHY, DISORIENTED, SKIN WILL BE HOT AND DRY, PULSE WILL BE RAPID AND BLOOD PRESSURE WILL DROP	CALL 911 COOL BY ANY MEANS POSSIBLE, DO NOT FORCE FLUIDS IF UNCONSCIOUS.

### General Considerations for Risk Reduction:

1. Encourage proper education regarding heat illnesses (for athletes, coaches, parents, medical staff, etc.). Education about risk factors should focus on hydration needs, acclimatization, work/rest ratio, signs and symptoms of exertional heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
2. Assure that onsite medical staff have authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and/or the athlete's medical condition.
3. We recommend that inside sports rehydrate post practice with 20oz of fluid (i.e. water or sports drink) per pound of weight loss. Outside sports should rehydrate with 24oz of fluid per pound of weight-loss post practice.

**SPECIFIC GUIDELINE RECOMMENDATIONS:**

Alvin ISD will use Heat Index as the determinant for the application of the following policy. Heat index is calculated using air temperature and relative humidity (see chart).

<b><u>HEAT INDEX</u></b>	<b><u>SPORT</u></b>	<b><u>PRACTICE ADJUSTMENTS</u></b>
<100	<i>All Sports</i>	No Restrictions
101-105	<i>All sports</i>	Normal practice with increased awareness and monitoring
106-109	<i>All sports</i>	1. Mandatory open water policy 2. Schedule water breaks every 30 minutes 3. Outdoor practice not to exceed 2 hours
	<i>Football</i>	1. Players can remove helmets while not in contact drills 2. Full pad practice should not exceed 1.5 hours
	<i>Cross Country</i>	Runners will stay on campus or where they can be seen at all times
110-114	<i>All sports</i>	1. Mandatory open water policy 2. Schedule water breaks every 15 minutes 3. Outdoor practice not to exceed 1.5 hours
	<i>Football</i>	1. Players will only wear helmet and shoulder pads 2. Practice will not exceed 1 hour
115-119	<i>All Sports</i>	1. Mandatory open water policy 2. Schedule water breaks every 10 minutes 3. Outdoor practice not to exceed 1 hour
	<i>Football</i>	1. Players will only wear helmet 2. Practice will not exceed 1 hour
>120	<i>ALL SPORTS</i>	NO OUTSIDE PRACTICE IN ANY SPORT till temperature is in tolerable range

