

Bishop Chatard Athletics

Heat Policy

- The Administrator in charge [typically the athletic director, assistant athletic director, athletic trainer, sport head coach, or camp director] shall monitor local weather conditions before and during events.
- The Wet-Bulb Globe Temperature (WBGT) will be used to assess the heat stress of a playing surface. It is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a comprehensive measure that can be used to monitor environmental conditions during exercise. Heat index will not be used because it does not measure comprehensively environmental heat stress on the body.
- The WBGT will be taken with a *General Deluxe Heat Index Monitor* at least 30 minutes prior to the start of an activity on the playing surface and hourly thereafter during the activity. Heat index will not be used to assess heat stress.
- Activity modifications for heat will be communicated between game officials, sports medicine staff, home and visiting coaching staffs, etc. Modifications will adapt as the temperature changes during activity.
- Hold periodic reviews for appropriate personnel such as game officials, sports medicine staff, home and visiting coaching staffs, etc.
- A cooling station will be made for heat emergencies anytime the WBGT is above 84.9 F. The cooling station will consist of shade, cold towels, a 50 gallon tub of water, 2 ten gallon coolers of ice, an instrument to stir cold water, and dry towels.
- Athletes exhibiting signs of heat stroke will be placed in the cold tub. It is recognized rectal temperature is best practice when assessing core body temperature. Other forms of temperature are not sufficient when assessing core body temperature. In respect for patient privacy and modesty, Bishop Chatard sports medicine will not use a rectal thermometer to monitor patients with suspected heat illnesses. Instead, subjective and objective signs and symptoms will be used to monitor patient health. The priority of care will be to cool the patient first before transporting.

Risk	WBGT (Index F)	Athletic Activity Guidelines	Rest& Water : Activity Time (min)
No Risk (White)	Less than 80	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion	5:30
Low Risk (Yellow)	80-84.9	Normal practice for athletes; closely monitor all athletes or extreme exertion	5:25
Moderate Risk (Gold)	85-87.9	Maximum practice time = 2 hours. For football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities.	5:20
High Risk (Orange)	88-89.9	Maximum length of practice = 1 hour. No protective equipment may be worn during practice and there may be no conditioning activities.	5:15
Extreme Risk	90 or above	Suspend practice. Contests must include mandatory breaks as direct by gamely administrator during contest.	N/A

Recognition: Signs & Symptoms of Common Heat Injuries

<p>Exercise-associated Muscle (heat) Cramps:</p> <ul style="list-style-type: none"> • Dehydration • Thirst • Sweating • Transient muscle cramps • Fatigue 	<p>Heat Syncope:</p> <ul style="list-style-type: none"> • Dehydration • Fatigue • Tunnel Vision • Pale/sweaty skin • Decreased pulse rate • Dizziness • Lightheadedness • Fainting
<p>Tx: Stop exercising, stretch if possible, provide sodium-containing beverages or food</p>	<p>Tx: Move to a shady area, Lay patient supine and elevate legs, cool with cold towels or ice</p>
<p>Heat Exhaustion:</p> <ul style="list-style-type: none"> • Core temp (97.0-104.0 F) • Dehydration • Dizziness • Lightheadedness • Syncope • Headache • Nausea • Intestinal cramps/diarrhea • Pale • Profuse sweating • Cool, clammy skin • Weakness • Hyperventilation 	<p>Exertional Heat Stroke:</p> <ul style="list-style-type: none"> • Core temp (>104.0 F) • Dizziness • Drowsiness • Irrational behavior • Confusion/disorientation/irritability • Loss of consciousness • Dehydration • Weakness • Hot and wet/dry skin • Tachycardia (100-120 bpm) • Hypotension • Hyperventilation • Vomiting • Diarrhea
<p>Tx: Cease exercise, remove from hot environment, elevate legs, provide fluids, cool with cold towels, ice, or immersion, monitor</p>	<p>Tx: Immediate whole body cold-water immersion to quickly reduce core body temperature, send to ER</p>
<p>Exertional Hyponatremia</p> <ul style="list-style-type: none"> • Core temp (<104.0 F) • Nausea • Vommiting • Swelling of extremities • Low sodium level • Progressive headache • Confusion • Lethargy • Seizures/coma • No urge to urinate 	<p>Rhabdomyolysis</p> <ul style="list-style-type: none"> • Muscle pain in the shoulders, legs or lower back • Muscle weakness • Trouble moving arms and legs • Severe cramping in lower extremity, abdomen or upper extremity • Dark red or brown urine or insufficient urine production • Muscle stiffness
<p>Tx: stop intake of fluids, monitor vitals, send to ER</p>	<p>Tx: Elevate the head, monitor vitals, send to ER</p>