

Maryville City Schools
Administrative Procedure 6.411
Student Wellness (Heat Illness Prevention)

The following protocols are presented to guide certified athletic trainers, coaches, physical education teachers, band directors, and athletic directors in taking measures to prevent exertional heat illness in students. Exertional heat illness is a potentially fatal condition and is described in the four (4) following categories:

- Heat Cramps -dehydration, thirst, sweating, muscle cramps, and fatigue
- Heat Syncope -dehydration, fatigue, tunnel vision, pale or sweaty skin, decreased pulse rate, dizziness, lightheadedness, fainting
- Heat Exhaustion - normal or elevated body temperature, dehydration, lightheadedness, headache, nausea, persistent muscle cramps, cool clammy skin, profuse sweating, weakness, hyperventilation
- Heat Stroke - elevated body temperature (>104⁰ F); hot, wet, or dry skin; confusion; irrational behavior; weakness; increased pulse rate; irritability; loss of consciousness

In order to help prevent these illnesses from occurring in students, the following steps must be taken:

The heat index measurement shall be taken 30 minutes before activity for the day by a sling psychrometer, digital sling psychrometer, or a digital heat index monitoring system. If using a sling psychrometer or digital sling psychrometer that does not produce a heat index reading, use the attached heat index calculation sheet to determine the heat index. Note that local weather forecasts from television, radio, or the internet are not accepted for the purposes of this prevention policy.

This policy and the actions below will be in effect from the time the temperature reaches 85⁰ F in the spring until the temperature drops below 85⁰ F in the fall.

Based on the heat index, the following actions shall be taken:

Heat Index	Action
Under 95 ⁰ Heat Index	<p>All sports and activities:</p> <ul style="list-style-type: none"> • Provide ample amounts of water. Water should always be available, and participants should be able to consume as much water as they desire. • Optional water breaks every 30 minutes for 10 minutes in duration • Ice-down towels for cooling • Watch/monitor participants carefully for necessary action

Heat Index	Action
95 ⁰ - 99 ⁰ Heat Index	<p>All sports and activities:</p> <ul style="list-style-type: none"> • Provide ample amounts of water. Water should always be available, and participants should be able to consume as much water as they desire. • Mandatory water breaks every 30 minutes for 10 minutes in duration • Ice-down towels for cooling • Watch/monitor participants carefully for necessary action • Reduce time of outside activity. Consider postponing practice to later in the day • Re-check heat index every 30 minutes • Contact Sports: Allow athletes not participating in contact to remove helmet and/or other equipment.
100 ⁰ - 104 ⁰ Heat Index	<p>All sports and activities:</p> <ul style="list-style-type: none"> • Provide ample amounts of water. Water should always be available, and participants should be able to consume as much water as they desire. • Provide ample amounts of water. This means that water should always be available and participants should be able to take in as much water as they desire. • Mandatory water breaks every 30 minutes for 10 minutes in duration • Ice-down towels for cooling • Watch/monitor participants carefully for necessary action • Alter uniforms by removing items if possible • Allow for changes to dry t-shirts and shorts • Reduce time of outside activity as well as indoor activity if air conditioning is unavailable • Postpone practice to later in the day if possible • Re-check heat index every 30 minutes • Contact Sports: Allow athletes to remove helmets and/or other equipment if not involved in contact or needed for safety. If necessary for safety, then suspend activity.
Above 104 ⁰ Heat Index	<p>All sports and activities: Stop all outdoor activity and move into air conditioning. If no air conditioning is available, then stop all indoor activity as well.</p>