

Heat Stress Monitoring

Heat Stress is determined by the measurement of ambient temperature, humidity, wind speed, sun angle and cloud cover at the site of athletic activity. These multiple combined calculations are known as the Wet Bulb Globe Temperature (WBGT).

Carrollwood Day School follows the heat restriction guidelines set forth by the FHSAA to ensure the health and safety of all student-athletes participating in CDS athletics.

See the Carrollwood Day School Online Weather Center below for WBGT in real time

<https://owc.enterprise.earthnetworks.com/OnlineWeatherCenter.aspx?aid=8113>

The following guidelines will be adhered to for the following heat stress (WBGT) readings.

WBGT Reading	Permitted Activity
≤ 82.0	Normal Activities, One (1) 5 minute rest break per 30 minutes of activity
82.1 - 87.0	Three (3) separate four (4) minute rest breaks per hour of activity
87.1 - 90.0	Maximum two (2) hour activity time. Four (4) separate four (4) minute rest breaks per hour of activity. For Football student-athletes are restricted to helmet, shoulder pads and shorts during activity.
90.1 - 92.0	Maximum one (1) hour activity time. Five (5) separate four (4) minute rest breaks. No protective equipment permitted. No conditioning activities permitted.
≥ 92.1	No outdoor activities.

See chart below for heat illness information

Heat Illnesses	Exercise-Associated Muscle Cramps	Heat Syncope	Exertional Heat Exhaustion	Exertional Heat Stroke
Description	Acute, painful, involuntary muscle contractions during or after exercise	Collapsing in the heat, resulting in loss of consciousness	Inability to continue exercise due to cardiovascular insufficiency	Severe hyperthermia leading to overwhelming of the thermoregulatory system
Physiologic Cause	Dehydration, electrolyte imbalances, and/or neuromuscular fatigue	Standing erect in a hot environment, causing postural pooling of blood in legs	High skin blood flow, heavy sweating and/or dehydration causing reduced venous return	High metabolic heat production and/or reduced heat dissipation
Primary Treatment	Stop exercising, provide sodium & carbohydrate containing beverages	Lay athlete supine and elevate legs to restore central blood volume	Cease exercise, remove from hot environment, elevate legs, provide fluids	<p><u>MEDICAL EMERGENCY (CALL 9-1-1)</u></p> <p>Immediate whole-body cold water immersion to quickly reduce core body temperature.</p> <p><i>Cool first, transport second!</i></p>