



# HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT

## OFFICE OF STUDENT AND FAMILY SERVICES

15959 E. GALE AVENUE • CITY OF INDUSTRY, CA 91716

### Heat Advisory Precautions for Schools

#### I. GUIDELINES FOR DAILY ACTIVITIES

Extreme heat events are characterized by stagnant, warm air masses and consecutive nights with high temperatures. An extreme heat event, or heat wave, is a prolonged period of excessively hot weather, which may be accompanied by high humidity. In times of extreme heat, a heat advisory will be sent from the district office in coordination with the Los Angeles County Office of Education. Otherwise the principal should monitor the heat index on days when heat will be an issue. The heat index is determined by temperature and relative humidity.

- A. Heat index of 95+ degrees - No outside activities
- B. Heat index of 90-94 degrees – Limited outside activities
  1. Maintain clear focus on supervising students and looking for signs of over-heating
  2. Mandatory water breaks every 30 minutes.
  3. Mandatory breaks from activities after the water break for 5 to10 minutes in duration.
  4. Monitor heat index every 30 minutes
- C. Heat index of 89 degrees or below – standard protocol

***REMEMBER: IN TIMES OF EXTREME HEAT, STUDENTS WITH OUTDOOR ACTIVITIES SHOULD BE HYDRATED OFTEN THROUGHOUT THE DAY.***

#### II. RATIONALE

Our *Heat Advisory Precautions* are designed to protect students from incurring heat related illnesses or problems. This is a guide for school personnel to use and refer to when making decisions about modifying and/or suspending outdoor activities.

- The best defense against heat-related conditions is **prevention**.
- Staff shall be reminded yearly and in times of extreme heat regarding precautions to take to ensure student safety.
- ***Staff focus should be on “constant surveillance” of students during extreme heat to ensure student health.*** Should symptoms arise, they should be addressed immediately.
- The following guidelines are to be used as appropriate to ensure student safety during high heat. Implementation may vary depending on the activity.

#### III. SAFETY GUIDELINES FOR STAFF

- Reduce the intensity and duration of physical activity initially and gradually increase exposure to allow students to grow accustomed to heat levels.
- Fully hydrate students prior to strenuous physical activity. Avoid caffeine and high sugar, carbonated drinks.
- Constantly provide cold water and schedule frequent rest periods where students are encouraged to drink 2-3 glasses of water.
- Plan strenuous outdoor activity for early morning or late in the day.

- Be aware of student’s chronic health issues and medications of students.
- Heighten surveillance of students with special needs.
- Be aware of students with certain conditions that are at a greater risk to heat stress. Included in these (but not limited to) are: cystic fibrosis, vomiting, diarrhea, fever, obesity, diabetes, chronic heart disease, caloric malnutrition, anorexia nervosa, sweating insufficiency syndrome.
- Replacement of lost fluids and periodic rest is essential to the health of the participant during hot and humid conditions.
- Check to see if student’s medication has specific precautions regarding heat, sunlight, etc.
- Use a “buddy system” where students are educated regarding symptoms and monitor each other.
- Implement extra precautions when playing on concrete or asphalt.
- Provide water on long, non-air-conditioned bus trips or encourage students to bring their own.
- Decrease the intensity of activities that last 30 minutes or more whenever relative humidity and air temperature (Heat Index) are above critical levels (HI of 90 or above). The higher the humidity, the more dangerous high air temperature is because of decreased evaporation of body sweat. **Note that full sun exposure can increase the Heat Index by as much as 15 degrees F.**
- Contact your school nurse if you have questions.
- Check the Heat Index at National Weather Service <http://www.weather.gov/> or an approved measuring device.

#### **IV. SIGNS AND TREATMENT FOR HEAT INJURY**

##### **A. Heat Cramps**

1. Painful spasms usually in the muscles of the legs and abdomen.
2. Heavy sweating.

##### **B. Heat Cramps – First Aid**

1. Firm pressure on cramping muscles, or gentle massage to relieve spasm.
2. Give sips of water unless nauseated.
3. Move to air-conditioned or fanned area.

##### **C. Heat Exhaustion**

1. Heavy sweating, moist and clammy skin
2. Weakness/dizziness/exhaustion
3. Fainting and vomiting
4. May have a fever greater than 102 degrees
5. Pupils dilated
6. Headache
7. Rapid, shallow breathing
8. Nausea, vomiting or diarrhea

##### **D. Heat Exhaustion – First Aid**

1. Body temp of 103-105 degrees
2. Get victim out of the sun and into an air-conditioned area
3. Lay victim down and loosen clothing
4. Apply cool wet cloths
5. Encourage sips of water unless nauseated
6. If vomiting continues, seek immediate medical attention
7. Call the parent or guardian if the child does not seem “back to normal” within a few minutes.

##### **E. Heat Stroke – THIS IS LIFE-THREATENING**

1. High body temperature (106° F or higher)
2. Hot dry skin
3. Rapid, strong pulse
4. Face red/flushed
5. Confusion or agitation
6. Possibly unconscious

**F. Heat Stoke – First Aid – CALL 911**

*Heat stroke is a severe medical emergency.*

1. Move the victim to a cooler environment
2. Reduce body temperature with cool bath/sponging
3. Remove clothing, use fans/air conditioner
4. Offer cool water if conscious

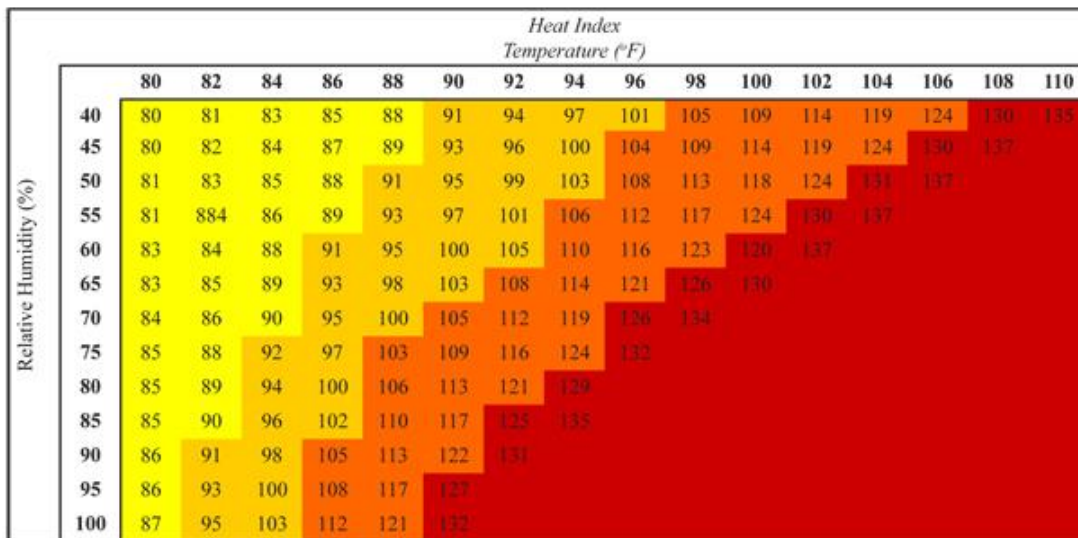
**V. SUGGESTIONS FOR STUDENTS**

**Take the time to educate students on the dangers of heat related illness. This may help prevent accidents at home as well!**

- A. Inform instructor if recently ill.
- B. Inform your teacher/instructor of any medications recently taken.
- C. Wear lightweight, loose, cool, reflective clothing.
- D. Wear hats or sun visors when participating in direct sun.
- E. Wear sun glasses or protective eyewear.
- F. Avoid caffeine and high-sugar, carbonated drinks.
- G. Bring water to drink throughout extended activities such as field day.
- H. Avoid eating heavy, protein-rich foods prior to exercise.

**VI. HEAT INDEX CHART**

[NOAA's National Weather Service](#)



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger



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### **Heat Advisory Precautions For Athletics and Outdoor Activities**

#### **ATHLETICS AND OUTSIDE PRACTICE / EVENTS**

The following guidelines are system policy for avoiding heat injury. Activity should be altered and /or eliminated based on this heat index as determined.

**REMEMBER: IN TIMES OF EXTREME HEAT, STUDENTS ENGAGING OUTDOOR ACTIVITIES SHOULD BE HYDRATED OFTEN THROUGHOUT THE DAY. IF OUTDOOR ACTIVITIES ARE NECESSARY, ALLOW STUDENTS WITH AFTER-SCHOOL OUTDOOR ACTIVITIES TO CARRY WATER BOTTLES. DURING TIMES OF INTENSE HEAT, STUDENTS MUST BE REMINDED TO HYDRATE PRIOR TO PRACTICE.**

#### **I. Under 95 degrees Heat Index (All sports)**

Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.

1. Mandatory water breaks every 30 minutes for 5 to 10 minutes in duration
2. Ice-down towels for cooling
3. Watch/monitor athletes carefully for necessary action
4. Monitor heat index every 30 minutes

#### **II. 95 degrees to 99 degrees Heat Index (All sports)**

Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.

1. Mandatory water breaks every 30 minutes for 7 to 10 minutes in duration
2. Ice-down towels for cooling
3. Watch/monitor athletes carefully for necessary action.

Contact sports and activities with additional equipment (like helmets, shoulder pads, or other protective equipment) should be removed, if not involved in contact or necessary for safety.

1. Reduce time of outside activity.
2. Consider postponing practice to later in the day.
3. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

#### **III. 100 degrees to 104 degrees Heat Index (All sports)**

Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.

1. Mandatory water breaks every 25 minutes for 10 minutes in duration
2. Ice-down towels for cooling
3. Watch/monitor athletes carefully for necessary action.
4. Alter uniform by removing items if possible
5. Allow for changes to dry t-shirts and shorts.

Contact sports and activities with additional equipment (like helmets, shoulder pads, or other protective equipment) should be removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

1. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
2. Postpone practice to later in the day.
3. Re-check temperature and humidity every 20 minutes to monitor for increased Heat Index.

#### **IV. 105 degrees to 109 degrees Heat Index (All sports)**

Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.

1. Mandatory water breaks every 20 minutes for 10 minutes in duration
2. Ice-down towels for cooling
3. Watch/monitor athletes carefully for necessary action.
4. Alter uniform by removing items if possible
5. Allow for changes to dry t-shirts and shorts.

Contact sports and activities with additional equipment (like helmets, shoulder pads, or other protective equipment) **MUST** be removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

1. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
2. Postpone practice to later in the day.
3. Re-check temperature and humidity every 20 minutes to monitor for increased Heat Index.

#### **V. Above 110 degrees Heat Index (All Sports)**

Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

This recommended procedure should be used until such time as the temperature is below 85 degrees as no combination of heat and humidity at that level will result in a need to curtail activity. Schools are reminded that the monitoring shall continue until such a time that no combination of heat and humidity at that level will result in a need to curtail activity.