

<b>Students</b>	<b>Knox County Board of Education Policy</b>		
	<b>Heat Illness Prevention</b>	Descriptor Term:	Descriptor Code: <b>J-421</b>
			Issued: <b>12/07</b>
		Reviewed: <b>5/26</b>	Revised: <b>2/24</b>

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2 Each school is responsible for obtaining either a Wet Bulb Globe Temperature or Heat Index reading at  
3 the site of practices or competitions. Wet Bulb Globe Temperature (WBGT) takes into account more  
4 environmental factors and should be the school’s first choice when evaluating conditions and planning  
5 activities. In the absence of a WBGT, a digital psychrometer or other instrument may be used at the site  
6 of the activity.  
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8 A cold water immersion tub or other form of rapid on-site cooling should be available for all warm  
9 weather practices. If exertional heat stroke is suspected, use immersion for on-site cooling before  
10 transporting to the hospital. Access to water should be available to all athletes at all times.  
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12 The following protocols are presented to guide certified athletic trainers, coaches, physical education  
13 teachers, band directors, and athletic directors in preventing exertional and/or temperature related heat  
14 illness in students. Extreme heat illness can be a potentially fatal condition and is described in the four  
15 (4) following categories:<sup>1</sup>  
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- 17 • Heat Cramps - dehydration, thirst, sweating, muscle cramps, and fatigue
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- 19 • Heat Syncope - dehydration, fatigue, tunnel vision, pale or sweaty skin, decreased pulse rate,  
20 dizziness, lightheadedness, fainting
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- 22 • Heat Exhaustion - normal or elevated body temperature, dehydration, lightheadedness, headache,  
23 nausea, persistent muscle cramps, cool clammy skin, profuse sweating, weakness,  
24 hyperventilation
- 25
- 26 • Heat Stroke - elevated body temperature (>104° F); hot, wet, or dry skin; confusion; irrational  
27 behavior; weakness; increased pulse rate; irritability, loss of consciousness
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29 In order to help prevent these illnesses from occurring, the following steps must be taken:  
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31 The heat index measurement shall be taken 30 minutes before activity for the day by a sling psychrometer,  
32 digital sling psychrometer or a digital heat index monitoring system. If using a sling psychrometer or  
33 digital sling psychrometer that does not produce a heat index reading, use the heat index chart at  
34 <https://www.wrh.noaa.gov/psr/general/safety/heat/heatindex.png> to determine the heat index. Note that  
35 local weather forecasts from television, radio, or the internet are not accepted for the purposes of this  
36 prevention policy.  
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38 Based on the heat index readings gathered, the following actions shall be taken:  
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Heat Index	Action
WBGT 82.0 – 86.9 or Heat Index of Under 95°	All Sports and Activities: --Unlimited amounts of cool water shall be available to students to drink when they want it. --Provide at least three (3) separate breaks each hour with a minimum duration of three (3) minutes each during the workout. --Watch/monitor high risk students carefully.
WBGT 87 – 88.9 or Heat Index of 95° – 99°	All Sports and Identified Activities: --Maximum practice time is two (2) hours. --Unlimited amounts of cool water as stated above. --For all sports: Provide at least four (4) separate rest breaks each hour with a minimum duration of four (4) minutes each.  <b>For Football:</b> Players are restricted to helmet, shoulder pads, and shorts during practice that does not involve contact. All protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football plants without changing to shorts.
WBGT 90 to 92 or Heat Index of 100° - 104° F	All Sports and Identified Activities: --Maximum practice time one (1) hour. --Unlimited amounts of cool water shall be available to students to drink when they want it.  <b>For All Sports:</b> There must be twenty (20) minutes of rest breaks distributed throughout the hour of practice and no conditioning activities.  <b>For Football:</b> No protective equipment may be worn during practice that does not involve contact. Watch and monitor students carefully.
WBGT above 92 or Heat Index above 104°	No outdoor practice. An outdoor practice cannot take place until WBGT level is 92 or below or heat index is 104 or below.  Interscholastic competitions, including preseason, scrimmages and jamborees, must be postponed in the absence of an appropriate healthcare professional (Certified Athletic Training, Certified Nurse Practitioner, Physician Assistant, Doctor of Medicine, Osteopathic Physician) with access to a cold water immersion tub or other rapid on-site cooling method. Under no circumstances can an outdoor practice take place in these conditions.

**TSSAA Health Policy – Modifications for Soccer Competition WBGT ≥ 87 Heat Index ≥ 95**

The referee shall stop the game for a heat time-out lasting no less than five (5) minutes during the first and second half. The time-out will be called at the first logical time to stop play after the twenty (20) minute mark of each half.

**TSSAA Heat Policy – Modifications for Football Competition WBGT ≥ 87 Heat Index ≥ 95**

Officials shall stop the game for a heat time-out at the first dead ball after the halfway point of each quarter. If either team has possession of the ball inside the other team’s twenty (2) yard line, officials may delay this time out until either the offensive team scores or the ball is turned over.

Legal Reference:

1. National Athletic Trainers' Association, American College of Sports Medicine and Tennessee Secondary School Athletic Association (TSSAA) (Revised October 2022).