

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 (>104 Degrees 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. The use of a weather app on a cell phone is permissible to measure heat index if no other instrument is available to measure heat index at the site of the activity, practice, or competition.

This policy and the actions below will be in effect from the time the temperature reaches 85 degrees F in the spring until the temperature drops below 85 degrees F in the fall.

WBGT 82.0-86.9 or Heat Index Under 95 Degrees

- Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the activity.

WBGT 87.0-89.9 or Heat Index of 95 Degrees to 99 Degrees

- Maximum activity time is 2 hours.*
- For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
- For Football: Contact is allowed. Full pads may be worn during contact activities. Shoulder pads and helmets must be removed for any activity that does not involve contact. All Protective equipment, with the exception of football pants with pads, must be removed during conditioning activities. If the WBGT rises to this level during practice, plays mat continue to work out wearing football pants without changing to shorts.

WBGT 90.0 to 92.0 or Heat Index of 100 Degrees to 104 Degrees

- Maximum activity time is 1 hour. *(This hour includes the 20 minutes of rest breaks.)

- For All Sports: There must be 20 minutes of rest breaks distributed throughout the hours of practice and no conditioning activities.
- For Football: No protective equipment may be worn during practice that does not involve contact. Protective equipment may be worn for drills that do involve contact.

Above 92.0 WBGT or Heat Index Above 104 Degrees

- No outdoor activity. An outdoor activity cannot take place until WBGT level is 92.0 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 health care professional (Certified Athletic Trainer, Certified Nurse Practitioner, Physicians Assistant, Doctor of Medicine, Osteopathic Physician) with access to a cold water immersion tub or other rapid on-site cooling method. Under no circumstance can an outdoor practice take place in these conditions.

The School Principal, or designee, may exercise discretion in providing supervised water-based activities during periods of elevated heat. Such activities must be conducted safely and in accordance with district supervision and safety requirements.