

SUSD Middle School Sports Policy on the Management of Excessive Temperature
and Heat Illness Updated 7/30/26

1. The site administration, head coach, and SUSD District Athletic Director should all have the authority to restrict an athlete from participating if signs of heat illness are present.
2. Athletes and coaches will be educated at the beginning of the season with regards to prevention, recognition, and treatment of heat-related illnesses and the risks associated with exercising in hot, humid environmental conditions.
3. The Weather Bug App will be utilized to determine outdoor Wet-Bulb Globe Temp(WBGT) before and during the activity, and the administrator or head coach will use that data to calculate and record the WBGT for each practice or game in the fall and spring seasons.

Step 1- open Weather Bug App

Step 2-ensure that you are using your current location with app location services on

Step 3-on the "Now" Screen scroll down to the section titled "Outdoor Sports"

Step 4- tap "Outdoor sports" to expand that section

Step 5- scroll down to the last data point "Wet-Bulb Globe Temp"

4. Practice and equipment modifications will be based on the following chart:

NATA Guidelines	
WBGT (°F)	Activity Guidelines and Rest Break Guidelines
<82.0	Normal activities: provide ≥3 separate rest breaks of minimum duration 3 min each during workout.
82.0-86.9	Use discretion for intense or prolonged exercise. Watch at-risk players carefully. Provide ≥3 separate rest breaks of minimum duration 4 min each.
87.0-89.9	Maximum practice time = 2 h. For football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: provide ≥4 separate rest breaks for minimum duration 4 min each.
90.0-92.0	Maximum length of practice = 1 h. No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 min of rest breaks provided during the hour of practice.
>92.1	No outdoor workouts, cancel exercise, delay practices until a cooler WBGT reading occurs.

Source: NATA Position Statement: Exertional Heat Illness, Journal of Athletic Training volume 50, number 9 2015, Table 5

*Re-check WBGT every 30 minutes during outdoor practices and games.

****Baseball and softball batting helmets are considered “Protective Equipment”**

5. The head coach should ensure that the following are available for each practice or competition:

a. Adequate fluid to meet the participants’ needs. (If an athlete is responsible for bringing their own water, those who do not have water should be held from participation.)

b. Telephone to communicate with medical personnel and to contact Emergency Medical Services.

c. Access to an AED on campus or at practice site

Recognizing Heat Illness or Distress:

1. Coaches should watch for the following symptoms to identify an athlete in distress due to heat exhaustion:

a. Excessive Sweating

b. Increased Heart Rate

c. Dizziness

d. Nausea

e. Headache

f. Muscle Cramps

g. Tunnel vision

What to do:

1. If any of the above symptoms are observed coaches should:

a. Remove the athlete from participation

b. Remove any excess clothing or equipment

c. Place the athlete in the shade or take them into an airconditioned building if possible

d. Rehydrate with water or electrolyte mix

e. Attempt to cool the athlete with ice or cold water, fans or any other available cooling mechanism

f. Call the athlete’s parents to pick them up and report all symptoms

g. Follow appropriate injury reporting procedure for SUSD Middle School Sports

2. Athletes suspected of Heat Exhaustion should never walk, scoot, board, or bike home alone.

Activate EMS/Call 911 if:

1. Athletes should never be left alone and should be continually monitored by an adult until released to their parents if they are suspected of having Heat Exhaustion.
2. Coaches, administration or any other SUSL staff should activate EMS if they observe the following:
 - a. Cessation of sweating
 - b. nausea and/or vomiting
 - c. flushed skin
 - d. rapid breathing and pulse
 - e. observed cognitive changes such as bizarre behavior, hallucinations, altered mental status, confusion, disorientation, and coma
 - f. the athlete experiences a loss of consciousness

Return to Play:

1. Any athlete treated by a physician (MD, DO, NP, or NP) should provide a clearance in writing to the head coach before they are allowed to return to participation in athletics.
2. Coaches should strictly follow any and all guidelines provided by the athlete's doctor.
3. Coaches should file an athlete's medical clearance in accordance with SUSL policy.