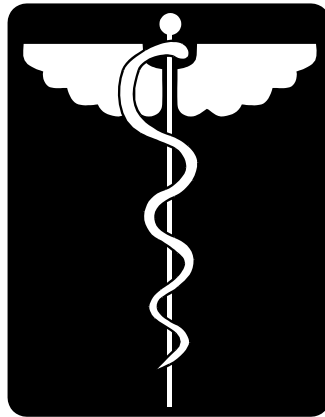


**SANDERSON HIGH SCHOOL
ATHLETIC DEPARTMENT**

**5500 DIXON DRIVE
RALEIGH, NORTH CAROLINA 27609
(919) 881-4800**

**EMERGENCY ACTION PLAN
AND
SPORTS SAFETY MANUAL**



SANDERSON HIGH SCHOOL

SPORTS SAFETY MANUAL

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SANDERSON HIGH SCHOOL ATHLETIC DEPARTMENT

SPORTS SAFETY PROGRAM

The purpose of the Sanderson High School Sports Safety program is to provide healthcare to all student-athletes at Sanderson High School including prevention, evaluation, treatment, and rehabilitation of athletic related injuries.

SPORTS SAFETY MANUAL

The purpose of this manual is to outline the process for caring for the health and well-being of all student-athletes at Sanderson High School. If there is ever a question regarding care, please seek the help of an Athletic Trainer or First Responder, a coach, or an Emergency Services Technician.

SPORTS SAFETY STAFF

- Tony Lewis - Athletic Director - Responsible for monitoring weather conditions, executing the emergency action protocol, crowd control, schedule changes and other administrative decisions
- Dr. David Boone - Team Physician - acts in a volunteer and advisory capacity. Dr. Boone is present for Sanderson High School varsity football games. He is an orthopaedic surgeon with Raleigh Orthopaedic Clinic and he provides advice and services for all athletes at Sanderson. He is responsible for providing care, following the emergency action protocol when on site, and has the final word on decisions involving injured athletes while on site.
- Deirdre Johnson, ATC, LAT – Head Athletic Trainer - Responsible for executing the emergency action plan protocol and caring for all athletes.
- Assistant Head Athletic Trainer- Responsible for executing the emergency action plan protocol and caring for all athletes. – Not on SHS campus during the school day.
- Amy Brubaker – Full Time First Responder –Responsible for executing the emergency action plan and caring for all athletes.
- Student assistants – A staff of dedicated students who are trained to help the Sports Medicine staff care for the athletes.

EMERGENCY TELEPHONE NUMBERS

EMS Paramedics	911(If in the school, dial 9 then 911)
Fire Department	911(If in the school, dial 9 then 911)
Police Department	911 (If in the school, dial 9 then 911)
Sanderson High School Main Office	(P) 919-881-4800 ext 0 (Fax) 919-881-5006
Principal: Dr. Gregory Decker	(O) 919-881-4800 ext 24802 (Cell) 919-669-8523
Asst. Principal: Stephen Ausley	(O) 919-881-4800 ext 24809 (Cell) 919-669-8665
Asst. Principal: Bess Turner	(O) 919-881-4800 ext 24808 (Cell) 919-602-2971
Asst. Principal: Rachel Berg	(O) 919-881-4800 ext 24811 (Cell) 919-669-8533
Asst. Principal: Trenton Brown	(O) 919-881-4800 ext 24810 (Cell)
Facilities Coordinator: Travis Wilson	(O) 919-881-4800 ext 24814 (Cell) 336-895-6048
Athletic Director: Tony Lewis	(O) 919-881-4800 ext 24839 (Cell) 919-868-7691
Head Athletic Trainer: Deirdre Johnson	(O) 919-881-4800 ext 24818 (Cell) 919-215-9612
First Responder: Amy Brubaker	(O) 919-881-4800 ext (Cell) 919-599-0831
Athletic Training Room	
Coaches Office	919-881-4800 ext 24816
Raleigh Orthopaedic – Dr. David Boone	919-781-5600

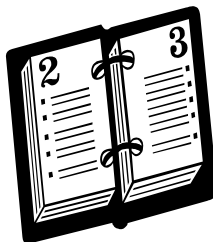
ATHLETIC FORMS AND POLICIES

The following procedures have been established to ensure that students who are involved in the Sanderson athletic program have been cleared by a physician to participate in interscholastic sports and to ensure that all NCHSAA requirements and WCPSS recommendations are satisfied.

- A complete and current packet of ATHLETIC FORMS is due from each student before being permitted to participate in any activity whatsoever – at any time of the year – in any sport. A packet is valid for 395 days from the date of the most recent physical.
- Under no circumstances is any coach allowed to permit an athlete to participate in any PHYSICAL ACTIVITY without a complete and current packet of ATHLETIC FORMS in the file maintained by the Head Athletic Trainer at Sanderson High School. If an athlete participates in any activity before the ATHLETIC FORMS have been approved by the Head Athletic Trainer, the coach is responsible for that athlete's safety if anything were to happen.
- All ATHLETIC FORMS must be given to the Head Athletic Trainer or the Assistant.
- The coach must give the ATHLETIC FORMS to the athletic trainer within 24 hours of getting those forms. If the forms are received on Friday, they must be turned in the following Monday (this ONLY pertains during the summer).
- The Head Athletic Trainer will maintain an up-to-date Excel spreadsheet showing the list of student-athletes who have current forms on file.
- Each coach should provide the Head Athletic Trainer with a final team roster as soon as it is determined.
- ATHLETIC FORMS packets that are not complete will not be accepted at any time.
- It is the coach's responsibility to know the expiration dates of each player's physical forms and to remove players from practices and games when they do not have current and valid packets on file. For programs with junior varsity teams, the head varsity coach is responsible for knowing and enforcing the expiration dates for all varsity and junior varsity players in the program.
- Each coach must have every player on the roster complete a new *Permission for Treatment* form and have those forms with them at all times when their teams are assembled.

SCHEDULE CHANGES

Whenever a practice or contest is cancelled or postponed, head coaches are asked to notify the Head Athletic Trainer immediately. The Sports Medicine Staff will not be responsible for coverage if he/she was not notified in advance about the schedule change.



SANDERSON HIGH SCHOOL ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN (EAP)

Emergency situations arise from time to time during athletic events. Expedient and prudent action must be taken in order to provide the best possible care for the athletes in an emergency or life threatening condition. This emergency action plan (EAP) has been developed to ensure that the best care will be provided. As a member of the North Carolina High School Athletic Association (NCHSAA) the school is required to have an Emergency Action Plan and to have all sports safety technicians, coaches, and administrators verify that they understand it.

The Sanderson High School Athletic Department Emergency Action Plan (EAP) is the protocol (set of standard procedures) to be used when emergency situations arise during athletic practices or contests. Please read the protocol listed below and review it frequently so that you will understand your role in the case an emergency. Coaches should consider carrying a copy of the EAP with them while performing their duties. It is their responsibility to know the proper procedures and to execute the plan to ensure the proper care for all athletes in the event of an emergency.

GENERAL PROTOCOL

In many instances, an athletic trainer or sports safety technician will be on site during practices and games. Whenever the Sports Medicine Staff is unavailable, the coach is responsible in case of an emergency and the coach must also notify the Sports Medicine Staff and/or Athletic Director as soon as possible after the emergency is handled. The coach should contact the Head Athletic Trainer, Athletic Director, and parent on the day of the injury.

CHAIN OF COMMAND FOR MEDICAL EMERGENCIES

- Team Physician (if present)
- Head Athletic Trainer
- Assistant Athletic Trainer/Sports Safety Technician/First Responder
- Athletic Director
- School Administrator
- Head Coach
- Assistant Coach
- Student assistant

ACTIVATING THE EMS

Using the chain of command, the responsible party will determine if and when to call Emergency Medical Services. If a decision is made to call EMS, dial 911 and follow the guidelines listed below.

- Give your name and the telephone number of the phone from which you are calling.
- Describe the incident or problem including the number of injured athletes.
- Give the athlete's name(s).
- Report the condition of the athlete(s) and what emergency care has been given.
- Give exact location and specific directions needed to locate the scene.
- Give other information as requested by the dispatcher.
- Do not hang up until the dispatcher tells you to do so!

CALLING THE PARENTS/ GUARDIAN

Always call the parent or guardian whenever a serious injury has occurred. The contact information can be found on the *Permission for Treatment* form. The form contains the following information:

- Parent or guardian names and phone numbers
- Emergency contact person and phone number.
- Medical Alerts
- This gives permission to treat NO MATTER WHAT if the parent is not on site in case of an emergency.

EMERGENCY ACTION PLAN (EAP) **(continued)**

ORDER OF EVENTS IN CASE AN INJURY OCCURS DURING A PRACTICE OR GAME

1. Determine the seriousness of the injury:
 - Minor- treat and decide whether or not the athlete can continue to play. If you have any questions contact the Athletic Trainer or Sports Safety Technician.
 - Major- treat, call an Athletic Trainer/First Responder, or EMS, call parents, provide proper paperwork and follow up with care.

2. Treatment
 - Treat and care for the injury.
 - Provide proper care until the EMS arrives.

3. Document the Injury
 - Name of the athlete and sport
 - Date and time of the injury.
 - The body part that is injured.
 - What happened?
 - What was the injury and how did it occur?
 - Who evaluated the injury?
 - What treatment was rendered?
 - Who was contacted... parent, guardian, or emergency contact person? Note time and date of contact.

4. Contact the following people about the incident
 - Head Athletic Trainer or Sports Safety Technician
 - Coach
 - Athletic Director
 - Parent/Guardian of the athlete

5. Post-Treatment Follow Up
 - Call the athlete's parents
 - Possible hospital visit
 - Next day follow up/call to check on the athlete.

Directions to Sanderson Athletic Facilities

PRACTICE FIELDS: Located at Sanderson High School 5500 Dixon Drive, Raleigh, NC 27609. From Millbrook Road, turn north onto Dixon Drive and enter the campus using the first entrance to the school. Pass in front of the school and take your first left to the parking lot. Follow the service road, passing over two speed bumps, and the practice fields are located on the right. At all times the athletic trainer, first responder, coach and or assistant student trainer will guide the EMS to the proper destination in case of an emergency.

FOOTBALL STADIUM: Located at Sanderson High School at 5500 Dixon Drive, Raleigh, NC 27609. From Millbrook Road, turn north onto Dixon Drive and enter the campus using the first entrance to the school. Pass in front of the school and take your first left to the parking lot. Follow the service road, passing over two speed bumps, take a right off the service road onto the paved road down to the stadium. A sports medicine staff member, coach, administrator, or sports medicine student will guide EMS to the correct location.

MAIN GYM: Located at Sanderson High School 5500 Dixon Drive, Raleigh, NC 27609. From Millbrook Road, turn north onto Dixon Drive and enter the campus using the second entrance (Stadium entrance) to the school. Someone will be waiting to direct the EMS to the main gym.

AUXILIARY GYM (SMALL GYM): Located at Sanderson High School 5500 Dixon Drive, Raleigh, NC 27609. From Millbrook Road, turn north onto Dixon Drive and enter the campus using the second entrance (Stadium entrance) to the school. Someone will be waiting to direct the EMS to the auxiliary gym.

WEIGHT ROOM: Located at Sanderson High School 5500 Dixon Drive, Raleigh, NC 27609. From Millbrook Road, turn north onto Dixon Drive and enter the campus using the second entrance (stadium entrance) to the school. Someone will be waiting to direct the EMS to the weight room.

ATHLETIC TRAINING ROOM: Located at Sanderson High School 5500 Dixon Drive, Raleigh, NC 27609. From Millbrook Road, turn north onto Dixon Drive and enter the campus using the second entrance (stadium entrance) to the school. Someone will be waiting to direct the EMS to the training room.

TENNIS COURTS: Located at Sanderson High School at 5500 Dixon Drive, Raleigh, NC 27609. From Millbrook Road, turn north onto Dixon Drive and enter the campus using the first entrance to the school. Pass in front of the school and continue all the way to the end of the parking lot to the tennis courts.

BASEBALL FIELD Located at Optimist Park on Northclift Drive, Raleigh, NC 27609. From Six Forks Road, turn west onto Northclift Drive. Proceed 0.6 miles (bypassing first entrance to Optimist Park) to the second entrance to Optimist Park on the left. The field is immediately to the right.

SOFTBALL FIELD Located at Optimist Park on Whittier Drive, Raleigh, NC 27609. From Six Forks Road, turn west onto Northclift Drive. Proceed 0.3 miles and take a left onto Whittier Drive and enter Optimist Park. Follow the one-way signs to the first field you see.

PROTOCOLS FOR MANAGING SPECIFIC EMERGENCIES

Management of Suspected Head Injuries

Signs and symptoms of a possible concussion are listed below. If you observe an athlete experiencing even one of these symptoms, the athlete **MUST be removed immediately from all participation and can not return the day of the injury.** If the Sports Medicine Staff is available, contact him/her immediately so an evaluation can be performed. If the Sports Medicine Staff is not accessible, contact the parent and recommend a prompt physician evaluation. A concussion evaluation form and concussion information brochure can be found in the athletic training room and in the coach's packet of forms they are provided while in-season.

What is a concussion?

A concussion is a brain injury that:

- ✓ Is caused by a bump, blow, or jolt to the head
- ✓ Can change the way your brain normally works
- ✓ Can range from mild to severe
- ✓ Can occur during practices or games in any sport
- ✓ Can happen even if you haven't been knocked out
- ✓ Can be serious even if you've just been "dinged" or had your "bell rung"

What are the symptoms of a concussion?

Nausea (feeling that you might vomit)

Balance problems or dizziness

Double or fuzzy vision

Sensitivity to light or noise

Headache

Feeling sluggish

Feeling foggy or groggy

Concentration or memory problems (forgetting game plays)

Confusion

Management of Head, Neck, and Spine Injuries

Head and neck injuries can be fatal. If there is not a doctor, athletic trainer or first responder present, then err on the side of caution at all times. This protocol must be followed step by step at all times. There is NO OTHER protocol that should be followed.

Ms. Johnson, Ms. Brubaker are responsible for C-spine holding during the course of treating the head and neck injury. If they are not on site, then the coach or assistant coach is responsible for the C-spine hold.

1. Know the signs and symptoms of a concussion.
2. If an athlete is not moving and is unconscious then call 911 immediately. DO NOT MOVE THE ATHLETE unless it becomes necessary to perform CPR!
3. Check for breathing and circulation.
4. Be prepared to administer CPR or any other breathing emergencies.
5. If the athlete is lying motionless and is conscious and they are experiencing head and neck pain, DO NOT MOVE THE ATHLETE.
6. Wait until an athletic trainer or first responder can assess the situation and/or call EMS.
7. Monitor the athlete's vital signs until EMS arrives.

IF YOU HAVE ANY DOUBT ABOUT TREATMENT, CALL 911.

KEEP THE ATHLETE STILL AT ALL TIMES.

Contact the Athletic Trainer or Sports Safety Technician/First Responder to notify her of the injury.

Management of Suspected Heat Related Illness

Signs and symptoms of a possible heat illness are listed below. If you observe an athlete experiencing even one of these symptoms, the athlete **MUST immediately be removed from all participation**. If the Athletic Trainer or Sports Safety Technician is available, contact him/her immediately so an evaluation can be performed. If the Athletic Trainer or Sports Safety Technician is not accessible provide the following care. **Please note that if the athlete is unconscious or has an altered level of consciousness call 911 immediately, take the athlete's temperature if possible (rectal temperature is the most accurate), and immediately cool the athlete.**

1. Place athlete in shade or in cooler area.
2. Remove excess clothing and equipment.
3. Employ a full body cold-water immersion as soon as possible. Shower curtain is located in practice field shed and can be used to make an "ice taco." Fill with water and ice from coolers.
4. Otherwise, place ice bags on armpits, groin, neck, and wrists.
5. Use water hose to run water continuously over their neck and torso
6. Provide water to drink (unless unconscious or altered state of consciousness).
7. Monitor signs and symptoms. If in 10 minutes the athlete does not improve, or if condition worsens at any point, call 911.
8. Athlete's body temperature should be below 102 degrees before being placed in ambulance. Ice bath should be done first and ice bags should be sent with athlete in ambulance.
9. Contact parents regardless of whether 911 has been called.
10. Contact Athletic Trainer or Sports Safety Technician to notify of incident.

Signs and Symptoms of Heat Illness:

Early Stages (sometimes called heat exhaustion)

- Cool, moist, pale, ashen, or flushed skin
- Heavy sweating
- Headache, nausea, dizziness
- Weakness, exhaustion

Late Stages (sometimes called heat stroke)

- Heavy sweating or sweating has stopped
- Red, hot, possibly dry skin
- Changes in level of consciousness
- Vomiting

Management of Bee Stings/Anaphylaxis

- Know who on your team is allergic to bees or other agents. Certain foods or medications may cause a serious reaction
- If a sting occurs and the athlete is having trouble breathing, use the Epi-pen
 - Epi-pens are located in the Front Office of the school (send Assistant Principal, Athletic Director or Assistant Coach to retrieve Epi-Pen)
- Open the pen, use an alcohol swab and press firmly on the thigh. Remove the gray cap and press down & hold 10 seconds
- Remove the epi-pen and then rub the area for 10 seconds
- Call EMS have to send
- Do not give anything by mouth (to eat or drink) if there is swelling in the throat

Management of Asthma Attack

Asthma symptoms may be triggered by exposure to an allergen, irritants in the air or extreme weather conditions. Exercise or an illness — particularly a respiratory illness or the flu — can also make you more susceptible.

- The following are signs and symptoms of an asthma attack:
 - Wheezing (a whistling or squeaky sound in your chest when breathing, especially when exhaling)
 - Coughing (especially at night, during exercise or when laughing)
 - Shortness of Breath
 - Difficulty Breathing
 - Chest Tightness
- If any of these signs are present or observed in an athlete, please do the following:
 - Contact the Athletic Trainer or First Responder (if on campus). If not, continue the necessary steps to handle the emergency.
 - Move the athlete into a cooler environment.
 - If the student has an inhaler, get it for them and allow them to use it.
 - 2 puffs minimum
 - If no inhaler, have them control their breathing by in through their nose and out through their mouth and continue doing this until breathing is back to normal.
 - If still having trouble breathing, contact 911.

Management of Cardiac Emergencies

The following are signs and symptoms of a cardiac emergency. If any of these signs are observed in an athlete that you suspect of having a cardiac issue, **call 911 immediately**. If the Athletic Trainer or Sports Safety Technician is available, contact him/her immediately so emergency care can be provided. If you are certified in CPR/First Aid, provide appropriate care until EMS, Athletic Trainer, Sports Safety Technician, or another professional rescuer arrives. Know the locations of the AEDs available.

- Chest Discomfort
- Jaw, neck, shoulder or arm pain
- Shortness of Breath
- Nausea
- Lightheadedness
- Profuse Sweating

USE OF AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

Written Medical Protocol Regarding Use of AED

The AED is to be used only on cardiopulmonary arrest. Before the device is utilized to analyze the patient's ECG rhythm, the patient must be:

- Unconscious
- No signs of circulation, and
- Not breathing spontaneously

Steps to Using Any AED

1. Verify that the patient is in cardiac arrest (unconscious, no respiration, no signs of circulation)
2. Press ON/OFF to turn on the AED.
3. Prepare the patient for electrode placements and place the electrodes. (follow the pictures)
4. Follow the voice and/or screen prompts provided by the AED

Provisions to Coordinate with Local EMS

In the event of a cardiopulmonary emergency, the 911 emergency systems should be activated immediately. The first responders should provide initial care as appropriate to the situation and coordinated with other emergency medical service providers upon their arrival in the provision of CPR, defibrillation, basic life support (BLS), advanced life support (ALS).

Location of AEDs at Sanderson High School: (2 in building; 2 with athletics)

- 1 AED is outside athletic training room door in the wall mounted cabinet – the key to disarm the alarm in on the top of the AED cabinet
- 1 AED is in the athletic training room, in the lower cabinet immediately to the left when entering
- 1 AED is outside the main office door in the AED cabinet on the wall
- 1 AED is on the 1st floor of the EAST Building beside the elevator
- An AED will be available on the home sidelines of all events covered by the Sports Medicine Staff.
- If multiple home events are taking place simultaneously, both athletic AEDs will be taken to multiple sites and/or kept in a mobile location (Gator, golf cart, etc.).
- The Sports Medicine Staff may take 1 AED to an away event, but there must be 1 AED on campus.
- The sports safety staff will determine the availability and location and use of the AED units at the athletic venues.

**No AED should be moved from an area that is in use and any AED moved from a given location should be put back in place as soon as the event is over so that it is in place when that area is back in use.*

Maintenance of AEDs

- 1) AED's perform automatic self-tests once a week.
- 2) Personnel using the AED on a regular basis should inspect the AED and make sure that all necessary supplies and accessories are not out of date and readily available.
- 3) The non-rechargeable lithium Type 123 batteries have approximately a two-year shelf life
- 4) When low battery condition occurs:
 - The AED emits an audible alarm or "beep" once every minute if the unit is off.
 - You hear the audio prompt, "CHANGE BATTERIES" if the unit is on.
 - Red "X" displays on the status indicator, notifying you that the batteries have less than 50% of the full capacity remaining or that the unit has failed other self tests.

Thunderstorm and Lightning Safety

It is imperative to implement a proactive and comprehensive lightning safety plan to ensure the safety of participants and spectators when conditions warrant.

PRACTICE POLICY:

All outdoor activities should be stopped and all people should move to a safe location if any of the following occurs:

- Thunder is heard
- Lightning is visible
- A thunderstorm warning is issued for the area

Everyone must remain in the safe location until 30 minutes after the last visible lightning or last sound of thunder.

GAME POLICY:

1. All responsible parties (athletic directors, athletic trainers, first responders, coaches, game officials, administrators, team physicians) should know the weather forecast whenever thunderstorms are in the forecast.
2. The following chain of command will be followed to make any decision about evacuations, suspensions, or cancellations.

Home athletic director
Home Sports Athletic Trainer or Sports Safety Technician (Head/Asst)
Visiting athletic director
Visiting Sports Safety Technician/Trainer (Head/Asst)
Home Administrator
Visiting Administrator
Game Official
Sanderson Coach (Head/Asst)

In the absence of someone higher up the chain, each and every person has the authority and responsibility to call for action regardless of whether teams are practicing or playing contests. Game officials do not necessarily need anyone else's approval to suspend a game in case of inclement weather.

3. Coaches need to create and rehearse emergency safety procedures with students who may not all be in one place at the same time. For example, cross country coaches need to instruct runners what to do and golf coaches need to instruct golfers what to do if a storm comes up while they are out on the course. Anyone stranded outdoors in a thunderstorm should assume a squatted "catcher's" position, with only the feet touching the ground, not laying flat.
4. On game day, if conditions appear favorable or if there is a forecast for a thunderstorm, someone will be appointed to monitor the weather conditions. We will use the chain of command listed above and go down the list until we know who is available to monitor the conditions. We will do this for home games and away games.

Conditions will be monitored using one or more of the following tools:

personal lightning storm detectors, NOAA weather radios, local TV and radio broadcasts, forecasts available on the Internet, other reliable technologies that might become available, observation (sight and sound).

5. All outdoor activity should be stopped and the field and stands and other outdoor areas immediately evacuated if any of the following occur:
 - Thunderstorm warning for the area has been announced by NOAA or local media.
 - Lightning storm detectors signal a thunderstorm warning
 - Warning signs exhibit conditions that indicate a pending strike – for example, you feel your hair stand on end, you feel your skin tingle, you hear buzzing from nearby rocks or metal fences.
 - Visible Lightning Flash to Audible Thunder Bang lag is thirty seconds or less

(Note: A watch indicates that conditions are favorable for severe weather to develop in or near an area. Consider a watch to be a call for caution. A warning indicates that severe weather is imminent or occurring in or near an area. Consider a warning to be a notice that there is a threat of danger.)

6. Upon stoppage of the activity, all players and staff should immediately evacuate the field and go indoors.
7. A PA announcement should be made to have all spectators immediately evacuate the stands and find shelter inside a building or in a vehicle with the doors and windows closed until further announcements are made. Standing under bleachers, press boxes, tall trees or light posts is not safe. If a cafeteria or gymnasium is readily available, they may be suitable evacuation sites.
8. **Thirty minute rule:** Once a lightning strike has been recognized and/or a decision is made to suspend activity, play should not resume for a minimum of 30 minutes. If the resumption of play is contemplated, conditions should be monitored by the responsible parties while play is suspended. Any subsequent lightning after the beginning of the 30-minute count “resets the clock” and another 30-minute count begins. When practical, decisions about the resumption of play should be made by a committee made up of all of the responsible parties at the site.

NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING or THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

Proactive Planning

- 1. Assign staff to monitor local weather conditions before and during practices and contests.**
- 2. Develop an evacuation plan, including identification of appropriate nearby safe areas.**
- 3. Develop criteria for suspension and resumption of play:**
 - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.**
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.**
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.**
- 4. Review annually with all administrators, coaches and game personnel.**
- 5. Inform student athletes of the lightning policy at start of season.**

For more detailed information, refer to the "Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

Revised and Approved October 2014

DISCLAIMER – NFHS Position Statements and Guidelines The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.

WCPSS Hot Weather Guidelines for Athletic Practice

1. Measure WBGT reading if this can be done accurately onsite. If not, determine this from weather station or reliable airport site within 5 to 10 miles of practice site. If WBGT is not available, determine temperature in F/C and Relative Humidity and refer to the following Heat Index Chart.
2. As temperatures increase, minimize clothing and equipment.
3. Provide unlimited drinking opportunities during hotter practices. NEVER withhold water from athletes.
4. If and when possible, pre and post-practice weigh-ins should be conducted. (NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice. These athletes should be counseled on the importance of re-hydrating.)

Note: The color code below for WBGT is the same as NCHSAA. The NOAA Heat Index color code has been changed to match up with the WBGT color code for consistency. Color codes are for your use if desired.

WBGT and Heat Index - Physical Exercise Chart		
WBGT Index (F)	Heat Index	Athletic Activity Guidelines
Less than 80	Less than 80	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest / water breaks (5 min water / rest break every 30 min)
80 - 84.9	80 - 90	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest / water breaks. (5 min water / rest break every 25 min)
85 - 87.9	91 - 103	New or unconditioned athletes should not practice. Well conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 20 min) Have immersion pool on site for practice.
88 - 89.9	104 - 124	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min) Have immersion pool on site for practice.
90 or Above	125 and up	SUSPEND PRACTICE

NOAAA's National Weather Service Heat Index

Humidity	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Green - Caution Yellow - Extreme Caution Red - Danger Black - Extreme Danger

WCPSS - Following NCHSAA Heat Guidelines

The Wet Bulb Globe Temperature (WBGT) is a composite temperature used to estimate the effect of temperature, humidity, wind speed (wind chill) and solar radiation on humans. The Wet Bulb Globe Temperature Index accounts for the impact that direct sunlight has on the human body. The WBGT Index combines wet and dry temperatures with a "Black Globe" temperature to accurately reflect the current risk. The American College of Sports Medicine and many state athletic associations recognize the value of WBGT readings in assessing the risk of heat-related illness.

Each high school will be provided a Wet Globe Kit to measure WBGT. Each middle school will be paired up with a high school athletic trainer to receive the WBGT measurement prior to middle school practice daily while hot weather conditions persist. High school athletic trainers will be provided training on the use of the Wet Globe Kit at the annual athletic director/athletic trainer meeting in July.

Per NCHSAA Heat Guidelines, WBGT measurement will be used when available. If WBGT is not available, heat index will be used to determine the current risk.

Measuring Heat Index

- There are many devices that can measure heat index (Precision Heat Index Instrument, Heat and Humidity Monitor, SkyScan Ti-Plus Weather Monitor and Heat Index Warning System).
- Heat Index can be determined by entering the zip code at your location at these websites: <http://www.osaa.org/heatindex/> or <http://www.ihcaa.net/HeatIndex/Default.aspx>.
- Heat index can also be found by entering air temperature and relative humidity at this website: <http://www.hpc.ncep.noaa.gov/html/heatindex.shtml>.
- Heat index can be found at most weather websites, and most local television weather stations and websites.

Athletic Participation Form

- Board Policy 6860 requires that all athletes receive a medical examination once every 365 days.
- The athletic trainer shall insure that no athlete participates without fully completing the athletic participation form and being cleared to participate by authorized medical personnel.
- If an athlete's medical history shows that the athlete has suffered from a heat-related illness, the athlete shall receive one-on-one instruction from the athletic trainer or designee about symptoms of heat illness and the importance of hydration.

Pre and Post Weigh-Ins (Football Only)

1. Daily pre and post practice weigh-ins should be taken and any athlete who is not within 3% of the previous days pre-practice weight should be withheld from practice. Athletes who lose more than 3% of their weight during a practice should also be counseled on the importance of pre-hydrating, drinking more fluids during the practice session, and post practice re-hydration. For high schools, weigh-ins must be done under the supervision of the head athletic trainer or designee beginning with the first day of fall practice and continuing to Labor Day. On or after Labor Day, weigh-ins must be done any time the wet-bulb temperature is in the Code Yellow or Code Red category, and for athletes susceptible to heat illness (see #2 below). For middle schools, weigh-ins must be done under the supervision of the athletic trainer or designee beginning with the first day of fall practice and continuing through September 30th. After September 30th, weigh-ins must be done any time the wet-bulb temperature is in the Code Yellow or Code Red category, and for athletes susceptible to heat illness (see #2 below). Note: Supervision means making sure that pre and post weigh-ins are properly taken, recorded, and evaluated for 3% weight loss. The football coach will help set provisions for weigh-ins for players (must include no weigh-in/no practice rule and weigh-ins for players late to practice).
2. A list of athletes most susceptible to heat illness must be maintained by the athletic trainer and communicated to the coaching staff. This list should include, but not be limited to, athletes with a medical history of heat illness, athletes losing more than 3% of their weight during a practice, and athletes that have reported symptoms of heat illness during the season to the athletic trainer. Others more susceptible to heat illness are febrile illness (current or recent fever), taking medications (especially ones with a diuretic effect or that act as a stimulant), and sickle cell trait.
3. The athletes most susceptible to heat illness should receive one-on-one instruction from the athletic trainer or designee about symptoms of heat illness and the importance of hydration.
4. The athletic trainer or designee should recommend to athletes most susceptible to heat illness that they consult with their doctor for additional guidance. If an athlete's doctor informs the coaching staff or athletic trainer that the athlete has suffered a heat-related illness during the season, the athlete may not participate until cleared in writing by the doctor.

Coaches and Athletes Education

- The athletic trainer will provide the coaches with information on heat illness including heat illness symptoms and proper hydration. In case a middle school does not have a person filling the athletic trainer position, the athletic director will provide this information.
- Athletes should be informed of the importance of hydration, the symptoms of heat illness, and their personal responsibility to inform the athletic trainer or coaching staff if they suffer any symptoms of heat illness.
- Teams should use the "buddy" system (two players who play the same position are assigned to "keep an eye on" each other).
- Any coach notified or aware of any athlete exhibiting a symptom of heat illness shall notify the athletic trainer.

Management of Heat Illnesses

Heat Exhaustion

- Athlete has obvious difficulty continuing with exercise
- Rectal temperature is usually 101 to 104°F (oral temp. 100 to 103)
- No significant change in central nervous system (e.g, seizures, altered consciousness)
- Tachycardia (fast heart beat) and hypotension (low blood pressure)
- Extreme weakness
- Dehydration and electrolyte losses
- Ataxia and coordination problems, syncope, light-headedness
- Profuse sweating, pallor, “prickly heat” sensations
- Headache
- Abdominal cramps, nausea, vomiting, diarrhea
- Persistent muscle cramps

Treating Heat Exhaustion

1. Remove from activity and place in shade or cooler area
2. Remove equipment
3. Place ice bags on neck and armpits
4. Fan and pour water or cold towels on face
5. Take oral temperature if possible
6. Monitor vital signs

Heat Stroke – Life Threatening – Call 911 and Cool the Athlete Immediately

- Rectal temperature above 104°F (oral temp above 103), measured immediately following collapse during strenuous activity
- CNS dysfunction: disorientation, headache, irrational behavior, irritability, emotional instability, confusion, altered consciousness, coma, or seizure.
- Tachycardic (fast heart beat) and hypotensive (low blood pressure).
- Hyperventilation, dizziness, nausea, vomiting, diarrhea, weakness, profuse sweating
- Dehydration, dry mouth, thirst, muscle cramps, loss of muscle function, and ataxia.
- Absence of sweating with heat stroke is not typical and usually indicates additional medical issues.

Treating Suspected Heat Stroke

1. Call 911:
 - a. Must cool the athlete before EMS transports them to the hospital

Cold Water Immersion – Best Option

2. Remove equipment/extra clothing
3. Athletic Trainers should use the rectal thermometer if possible to obtain accurate body temperature
4. Submerge in a cold water (ice water is best, but tepid will work) from the neck down and constantly stir the water. Use tarp/shower curtain to make an “ice taco”. Fill with the water hose or water coolers.
5. Monitor vital signs (rectal or oral temperature, breathing, heart rate, blood pressure, and mental status)
6. When the body temperature is below 102 degrees transport the athlete by EMS

If it is not possible to submerge the athlete in cold water, do the following:

1. Remove equipment/clothing
2. Move to shaded area
3. Place ice bags on neck, groin, armpits, and cover the torso.
4. Use the water hose to continuously pour water over the athlete’s neck and torso
5. Fan the athlete
6. Take the athlete’s temperature and monitor all other vital signs

WCPSS Hot Weather Guidelines for Athletic Games and Meets

The NCHSAA Heat Guidelines specifically address practice situations. This does not mean that these guidelines cannot be used for athletic games and meets. Most athletic games/meets have “built in” breaks for hydration purposes (end of quarter, halftime, change in possession, time outs, changeovers, substitutions, etc). Cross country is one sport without “built in” breaks, so we are providing separate Heat Guidelines for Practices and Meets. Below are Heat Guidelines for Athletic Games and Meets, except cross country. WBGT Index should be used when possible. If not, then determine the heat index.

WBGT and Heat Index - Physical Exercise Chart		
WBGT Index (F)	Heat Index	Athletic Activity Guidelines
Less than 80	Less than 80	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest / water breaks (5 min water / rest break every 30 min)
80 - 84.9	80 - 90	Normal activity for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest / water breaks. (5 min water / rest break every 25 min)
85 - 87.9	91 - 103	New or unconditioned athletes should not play. Well conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 20 min) Have immersion pool on site for practice.
88 and Above	104 and Above	New or unconditioned athletes should not play. All athletes must be under constant observation and supervision. Remove pads and equipment when appropriate, including removing helmets unless active in a game. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min) Have immersion pool on site. May need to withhold athletes with a medical history of heat illness or have reported symptoms of heat illness to the athletic trainer during the season. Coaches and athletic directors should work with officials to include extra time for water breaks (heat time outs), and/or lengthen half time. Tennis coaches should allow for more time between changeovers and sets. Schools may consider changing the time of the game or postponing the game.

WCPSS Hot Weather Guidelines for Summer Practices

Definition of Summer Practice:

Summer Practice is from the time the school year ends until the first day of fall practice set by the NCHSAA. Most of our athletic programs offer opportunities for practice during this time period. Coaches are in charge of the practices, and athletic trainers are not usually available. Hot weather conditions are a concern.

- Education – Cover Hot Weather Guidelines and Information (prevention, proper hydration, recognizing symptoms, treatment) with all athletes and parents.
- Acclimatization – Consider all participants and their level of conditioning when developing your practice plan.
- Coach/athlete communication is a necessity. Athletes need to let the coach know of any problems that they are experiencing.
- Be adaptable to weather: shorten practice, change practice times, modify practice
- Do not practice outside between the times of 10:00 AM and 5:00 PM.
- Have water available at all practices.
- The coach has a duty to evaluate injury and provide emergency care (see # 3 below).
- Coaches must follow all “WCPSS Hot Weather Guidelines for Summer Athletic Practice.” This includes recording Pre and Post Weigh-Ins (Football only). **Head football coaches or designee must supervise “weigh-ins” of football players for all summer practices. Supervise means making sure that pre and post weigh-ins are properly taken, recorded, and evaluated for 3% weight loss.**
- The coach or designee will check hot weather conditions prior to practice using the **Heat Index chart**.
- Form “Summer Athletic School Activity Requirements and Use of Activity Bus” filled out which includes:
 Summer athletic school activities are strictly voluntary in nature for coaches and athletes.
 1. The coach volunteers his/her services to the school in writing.
 2. The coach is approved by the principal in compliance with school system procedures.
 3. The coach has an emergency protocol in case of injuries.
 4. The athletes have parental permission.
 5. The athletes have updated physicals.
 6. The athletes have information on the WCPSS interscholastic athletic insurance.
 7. Athletes not eligible by NCHSAA standards have certification of accident insurance.

Wake County Public School System Hot Weather Guidelines For Summer Athletic Practice

Heat Index	Procedure For Football Practice	Procedure for Other Athletic Practices	Hydration Schedule
<i>Less than 80°</i>	<i>No precautions necessary except close observation of those athletes most susceptible to heat illness (See Pre and Post Weigh-Ins below for definition of susceptible athlete). Unlimited amounts of water be made available on the field.</i>	No precautions necessary except close observation of those athletes with a medical history of heat illness or have reported symptoms of heat illness to the athletic trainer during the season. Unlimited amounts of water be made available on the field.	5 min. water break every 30 min.
80° - 90° Caution	Unlimited amounts of water available on the field. Ice water preferable. Athletes may obtain water at any time. Full gear may be worn. Coaches should monitor all athletes, especially those most susceptible to heat illness.	Unlimited amounts of water be made available on the field. Ice water preferable. Athletes may obtain water at any time. Coaches should monitor all athletes, especially those with a medical history of heat illness or have reported symptoms of heat illness to the athletic trainer during the season.	5 min. water break every 20 min.
90° - 105° Extreme Caution	Unlimited amounts of water available on the field. Ice water preferable. Athletes may obtain water at any time. Remove helmets unless active in drill. Coaches should monitor all athletes. Lighten the practice routine or practice in shorts. Susceptible players practice in shirts and shorts only.	Same as Code Green except more frequent water breaks.	5 min. water break every 15 min.
105° or Greater Danger	Unlimited amounts of water be made available on the field. Ice water preferable. Athletes may obtain water at any time. Lighten the practice routine and practice in shirts and shorts only. No helmets or equipment may be worn. Coaches should monitor all athletes, and withhold susceptible players from practice. May need to suspend practice.	Unlimited amounts of water available on the field. Ice water preferable. Athletes may obtain water at any time. Lighten the practice. Coaches should monitor all athletes. May need to withhold athletes with a medical history of heat illness or those that reported signs of a heat illness.	5 min. water break every 15 min.

WCPSS Hot Weather Guidelines for Summer Practices (continued)

Measuring Heat Index

1. There are many devices that can measure heat index (Precision Heat Index Instrument, Heat and Humidity Monitor, SkyScan Ti-Plus Weather Monitor and Heat Index Warning System).
2. Heat Index can be determined by entering the zip code at your location at these websites: <http://www.osaa.org/heatindex/> or <http://www.ihsaa.net/HeatIndex/Default.aspx>.
3. Heat index can also be found by entering air temperature and relative humidity at this website: <http://www.hpc.ncep.noaa.gov/html/heatindex.shtml>.
4. Heat index can be found at most weather websites, and most local television weather stations and websites.

Athletic Participation Form

- Board Policy 6860 requires that all athletes receive a medical examination once every 365 days.
- The coach shall insure that no athlete participate without fully completing the athletic participation form and being cleared to participate by authorized medical personnel.
- If an athlete's medical history shows that the athlete has suffered from a heat-related illness, the athlete shall receive one-on-one instruction from the coach, athletic trainer or designee about symptoms of heat illness and the importance of hydration.

Pre and Post Weigh-Ins (Football Only)

5. Daily pre and post practice weigh-ins should be taken and any athlete who is not within 3% of the previous days pre-practice weight should be withheld from practice. Athletes who lose more than 3% of their weight during a practice should also be counseled on the importance of pre-hydrating, drinking more fluids during the practice session, and post practice re-hydration. Note: Supervision means making sure that pre and post weigh-ins are properly taken, recorded, and evaluated for 3% weight loss. The football coach will help set provisions for weigh-ins for players (must include no weigh-in/no practice rule and weigh-ins for players late to practice).
6. A list of athletes most susceptible to heat illness must be maintained by the athletic trainer and communicated to the coaching staff. This list should include, but not be limited to, athletes with a medical history of heat illness, athletes losing more than 3% of their weight during a practice, and athletes that have reported symptoms of heat illness during the season to the athletic trainer. Others more susceptible to heat illness are febrile illness (current or recent fever), taking medications (especially ones with a diuretic effect or that act as a stimulant), and sickle cell trait.
7. The athletes most susceptible to heat illness should receive one-on-one instruction from the coach, athletic trainer or designee about symptoms of heat illness and the importance of hydration.
8. The coach, athletic trainer or designee should recommend to athletes most susceptible to heat illness that they consult with their doctor for additional guidance. If an athlete's doctor informs the coaching staff or athletic trainer that the athlete has suffered a heat-related illness during the season, the athlete may not participate until cleared in writing by the doctor.

Coaches and Athletes Education

- The athletic trainer will provide the coaches with information on heat illness including heat illness symptoms and proper hydration. In case a middle school does not have a person filling the athletic trainer position, the athletic director will provide this information.
- Athletes should be informed of the importance of hydration, the symptoms of heat illness, and their personal responsibility to inform the athletic trainer or coaching staff if they suffer any symptoms of heat illness.
- Teams should use the "buddy" system (two players who play the same position are assigned to "keep an eye on" each other).
- Any coach notified or aware of any athlete exhibiting a symptom of heat illness shall notify the athletic trainer.

Effective Date: May 8, 2012

WCPSS Hot Weather Guidelines for Cross Country Practices and Meets

- **Education** – Cover Heat Guidelines and Information (prevention, proper hydration, recognizing symptoms, treatment) with all runners and parents. We will put as much information as possible on the WCPSS website.
- **Acclimatization** – After official start of the fall sports season, all runners must have 6 practices prior to the first meet.
- **Coach/Runner communication** is a necessity. Runners need to let the coach and/or athletic trainer know of any problems that they are experiencing.
- **Be adaptable to weather:** shorten practice, change practice times, modify practice, change meet times, shorten meets
- **For fall season practice prior to the start of school**, do not practice between the times of 10:00 and 5:00 unless wet bulb globe temperature or heat index is code green or below. Note: WBGT should be used when possible. If not, then determine the heat index.
- **Recommend Buddy System:** Pair up individuals for practice and meets. “Buddy” duties would include checking attendance at practice or meets, checking attendance prior to and after the run, and checking for any problems.
- **Use your seniors** to help at practices and meets.
- **Cross Country Meets**
 - **For acclimatization purposes, prior to Labor Day, shorten week day meets to 3K unless wet bulb globe temperature is below 85 degrees, which is code green or below.**
 - **After Labor Day, week day meets are 5K unless wet bulb globe temperature is 88 degrees or higher (code red). If wet bulb globe temperature is 88 degrees or higher (code red), the week day meet will be reduced to 3K.**
 - **Saturday meets are usually scheduled earlier in the day, and include numerous schools participating from different parts of the state. Hot weather conditions should be monitored by the coach, and the coach should have an emergency action plan.**
- **Start weekday cross country meets** one hour later through **9/7/2012**: Example 5:00 walk the course, 6:00 girl’s meet, 6:30 boy’s meet
- **Put helpers/monitors/spotters on the course** directing traffic (especially the more confusing areas) and monitoring the runners – have ways that you can communicate.
- Have a **water/ice station on the course** to be used as needed.
- **Coaches are accountable for all runners beginning the run and ending the run.** This will occur prior to runners doing cool down run after the race.
- **Have assistant athletic trainer/first responder at meets you are hosting.** Alert EMS in your area of the cross country meet. Note: Athletic trainers/first responders are spread thin during the fall sports season and must attend football practices/games according to State Board of Education Guidelines, but have them available or on call for meets that you are hosting.
- **Water, ice, shade must be available at the end of the meet route.**
- **The cross country coach is the initial care giver** in most situations (practice or meets). They must have an emergency action plan in place.
- **Guidelines for Off-Campus Running** must be followed.