

Union County Public Schools and Novant Health Sports Medicine

2018-2019 Union County Public Schools (UCPS) Heat Illness Guidelines

1) Follow the most up-to-date North Carolina High School Athletic Association Heat Guidelines (see attached).

2) To protect athletes as best as possible and given that the highest risk of heat illness occurs during mid-day, no practices or games may occur from 11:00am-5:00pm when **summer workouts** begin, unless they are indoors and with appropriate air conditioning. **This restriction is in effect until from June 9-August 14, 2018. Beginning August 15th, the 11:00am-5:00pm time restriction is lifted; however, the rest of the policy will remain in effect. Please be reminded that teacher workdays and regular school days restrictions are in effect.**

Regardless of the time of day, practice restrictions will still be based off of Wet Bulb Globe Temperature (WBGT) or Heat Index if WBGT is not available. WBGT/Heat Index is of absolute importance for practice and game restrictions regardless of the time of day or year. We also recognize that with the large geographical size of Union County WBGT/Heat Index may vary from one county location to another. With this in mind and to ensure a level competitive playing field for all schools, at any given time on any given day the highest WBGT or Heat Index at any county school/practice location will dictate the Heat Index and Physical Exercise Chart Color Code (White, Green, Yellow, Red, or Black) that all schools and teams must operate under for practice or game play.

Each school's Athletic Trainer will regularly check the WBGT/Heat Index, and when one school moves into a new higher-risk zone, a communication will be sent to Jeff Morgan. Communication from Jeff will occur by the following means:

Via text and email: All Union County ATC's, James Oglesby, and Dr. Eric Warren

Via text: Doug Jones (he will notify the Union County Athletic Directors)

Adherence to these recommendations and the approved Heat Guidelines for NCHSAA is mandatory for all school Athletic Trainers, Athletic Directors, Coaches, and athletes/students in Union County.

The NCHSAA does require that a record be kept of all WBGT readings on all practice days. A written record of WBGT readings will be kept by the ATC.

The wet bulb globe temperature (WBGT) reading using a scientifically approved device for measuring WBGT should be used in all instances regarding heat and humidity issues and illnesses. **WBGT readings are mandatory and required by the NCHSAA.** Readings should be taken every hour beginning 30 minutes before the beginning of practice. Refer to the WBGT chart. If unable to obtain WBGT reading, obtain onsite heat and humidity levels and refers to the heat index chart. Reliable heat and humidity levels should be taken on site. Avoid using readings from locations more than 5 miles away.

WBGT Index and Athletic Activity 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 have reduced intensity practice and modifications in clothing. 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 cold or ice 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 cold or ice immersion pool on site for practice.
90 or Above	125 and up	SUSPEND PRACTICE

**NOAAA's National Weather Service
Heat Index Chart**

Temperature																
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										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
Extreme Caution
Danger
Extreme Danger