

## **Forsyth County Parks and Recreation Outdoor Heat Policy (6-17)**

**"Practice/Game Policy - Heat and Humidity"** as follows:

All FCPRD approved Booster Clubs/Associations must follow the County policy for conducting practices and games in all sports during times of extremely high heat and/or humidity.

The policy shall follow modified guidelines of the GHSA such as:

1. Proceed with scheduled outdoor activity.
2. Delay the start of scheduled outdoor activity
3. Shorten the length/duration of the scheduled activity
4. Modify the "normal" activity.
5. Cancel the scheduled activity.

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading will be utilized on days with a forecast of high heat/humidity to ensure that the written policy is being followed properly.

WBGT readings will be taken by FCPRD staff at intervals throughout the day. Based on those readings, FCPRD staff will provide directions to the youth athletic teams and clubs/associations. These directions will be based on the guidelines below:

### **WBGT READING ACTIVITY GUIDELINES & REST BREAK GUIDELINES**

**Under 82.0** Normal activities--Provide at least three separate rest breaks each hour of a minimum duration of 3 minutes each during practice/game

**82.0 - 86.9** Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each

**87.0 - 89.9** Maximum practice time is two hours. 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 at least four separate rest breaks each hour of a minimum of four minutes each

**90.0 - 92.0** Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice

**Over 92.1** No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

### **GUIDELINES FOR HYDRATION AND REST BREAKS**

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a "cooling zone" and not in direct sunlight (if possible)
4. When the WBGT reading is over 86:
  - a. ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process.

## DEFINITIONS

1. **Practice:** the period of time that a participant engages in a coach-supervised, sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave the field.
2. **Game:** this period of time shall not be considered to be a part of the practice time regulation, but involve actual “play” dictated by innings or timed quarters, halves, etc. Players may wear protective equipment.

## HEAT AFFLICTION SYMPTOMS AND TREATMENTS

Recommendations from the National Athletic Trainers Association

### Heat Affliction

Heat Cramps

### Symptoms

- Muscle spasms caused by an imbalance of water and electrolytes in muscles
- Usually affects the legs and abdominal muscles

### Treatment

- Rest in a cool place
- Drink plenty of fluids
- Proper stretching and massaging
- Application of ice in some cases

Heat Exhaustion

- Can be precursor to heat stroke
- Normal to high temperature
- Heavy sweating
- Skin is flushed or cool and pale
- Headaches, dizziness
- Rapid pulse, nausea, weakness
- Physical collapse may occur
- Can occur without prior symptoms, such as cramps

- Get to a cool place immediately and out of the heat
- Drink plenty of fluids
- Remove excess clothing
- In some cases, immerse body in cool water

Heat Stroke

- Body’s cooling system shuts down
- Increased core temperature of 104°F or greater
- If untreated it can cause brain damage, internal organ damage, and even death
- Sweating stops
- Shallow breathing and rapid pulse
- Possible disorientation or lose consciousness
- Possible irregular heartbeat and cardiac arrest

- Call 911 immediately
- Cool bath with ice packs near large arteries, such as neck, armpits, groin
- Replenish fluids by drinking or intravenously if needed