

LFHS HEAT GUIDELINES

Heat Index ("Feels Like") or WBGT measured on-site (preferred) or obtained on-line.

	Yel-low	Or-ange	Red	Black
WBGT (preferred)	80-84.5	84.6-87.5	87.6-89.9	90 >
HEAT INDEX	84-95	96-99	100-104	>104
Provide ample amounts of water	*	*	*	
10 min optional water breaks every 30 min	*	*	*	
Ice-down towels for cooling	*	*	*	
Watch/monitor athletes carefully for necessary action	*	*	*	
Provide cooling stations w/ shade, ice towels, cooling tubs, fans, etc.	*	*	*	
Helmets and other equipment removed when not involved in contact	*	*	*	
Re-check heat index/WBGT every 30 min	*	*	*	
Alter uniform by removing items if possible; discontinue any activity that requires helmet and/or shoulder pads		*	*	
Allow for changes to dry t-shirts and shorts		*	*	
Recommend moving practices before 10 am or after 5 pm		*	*	
Reduce time of outside activity and indoor activity if no A/C		< 2 hrs	< 1 hr	
NO OUTDOOR ACTIVITIES				*

Heat Disorder/Symptoms/First Aid

Heat Cramps: Symptoms: Painful spasms usually in muscles of legs and abdomen. Heavy sweating.

First Aid: Move to cooler place. If no other injuries half glassful water or Gatorade every 15 min for an hour as tolerated. Stretch involved muscles.

Heat Exhaustion: Symptoms: Heavy sweating, weakness, skin cold, pale, and clammy. Pulse thready. Normal temp possible. Fainting & vomiting.

First Aid: Move to cooler place. Lie on back w/ feet elevated. Remove or loosen clothing. Cool by fanning, cold packs or wet towels. Half glassful water or Gatorade every 15 min as tolerated.

Heat Stroke: Symptoms: Body temp 105°F or >. Hot dry skin, rapid strong pulse. Poss. unconsciousness.

First Aid: Life-threatening. Call 911. **Cool the victim fast.** Remove clothing & equipment. Immerse in cold bath, or wrap in cold wet towels & fan. Lie on back and elevate feet. **Nothing** by mouth.

Adapted from Vanderbilt University Medical Center and IHSA Managing Heat and Heat Illness; 8/10/2016

LFHS COLD EXPOSURE GUIDELINES

Wind Chill ("Feels Like" temp) is easily obtained on-line from weather.com, accuweather, etc. Wet conditions greatly increase the effects of the cold. For the following guidelines use which ever is lower: temperature or wind chill.

Temp or Wind Chill Restriction

15° **Danger!** Discontinue regular practice. All outside athletic events are to be canceled.

25° **Extreme Caution!** Outside participation limited to 45 minutes, but frostbite can occur in 30 minutes or less! Be sure your athletes are dressed for the weather!

Cold Disorder/Symptoms/First Aid

Prevention: Dress appropriately for weather in multiple layers. Maintain adequate fluid intake (you need as much water as you do in moderate temperatures, but may not be thirsty). Keep moving to maintain body heat production. If possible, change wet shirts, socks at breaks.

Frostbite:

Symptoms: Lack of feeling in affected area. Waxy appearance to skin. Skin is cold to the touch, possibly discolored. Tissue beneath skin may feel hard, like frozen meat.

First Aid: Handle the affected area gently; never massage/rub the area. Move the athlete into a warm area. Soak the affected area in warm water (comfortable to the touch). Keep affected area immersed in the water until it flushes and feels warm. Separate toes/fingers with gauze pads or cotton balls after removal from water. Do not break any blisters. Refer athlete to emergency room.

Hypothermia:

Symptoms: Decreased body temperature. Mental confusion. Decreased muscular control and balance. Mild shivering may progress to violent, then occurs in waves: it is violent and then pauses; the pauses eventually grow longer and longer until shivering ceases. Irrational behavior (for example, the person may begin undressing and is unaware of being cold).

Treatment: Call 9-1-1. Move the athlete into a warm area. Remove wet clothing and dry the athlete. Warm the athlete slowly by wrapping in blankets or putting on dry clothes.

Adapted from Lehigh University Sports Medicine