

HEAT POLICY

The following are guidelines for coaches and trainers to help prevent heat related illnesses and emergencies. These guidelines should be strictly followed; failure to do so could result in serious illness or death.

To decrease the risk of heat illness/emergencies:

- **Gradually Acclimatize Athletes**-get them accustomed to working out in the heat. For example:
 - Football**-the first 3-4 practices should be in shorts, the next 2-3 in shells, and then proceed to full pads.
 - Cross Country**-these athletes MUST be monitored closely at all times. Running distances should be increased gradually. Monitor weather conditions closely with staff Athletic Trainers as outlined below.
 - Volleyball and Basketball (indoor sports)**-coaches should be aware that heat problems could occur indoors if the athletes are not properly hydrated. If the indoor sports coaches choose to practice outdoors they should be aware of the weather conditions. These athletes will not be accustomed to the heat outdoors. They MUST be monitored very closely and water should be readily available. The first 3-4 practices (indoors or out) should not be overly strenuous.
 - Soccer, Track, Tennis, Baseball and Softball**-the first 3-4 practices should not be overly strenuous. Overuse/friction injuries will be dramatically decreased in these sports if these athletes start workouts at 50% and ease up to a full 100%. This usually takes two to three weeks for track athletes.
 - Golf**-weather conditions need to be monitored daily. See temperature/humidity readings chart.
- **Identify Susceptible Athletes**-those athletes who are obese or have a larger muscle mass tend to have more heat related problems. Keep a close eye on these athletes.
- **Uniforms**-use lightweight, breathable jerseys/pants in hot weather months. Watch for athletes wearing unnecessary extra clothing.
- **Allow Fluid Replacement**-Athletes should have unlimited access to cold water at all times. DO NOT RESTRICT WATER AS A FORM OF MOTIVATION!
- **Encourage a Good Diet**-Athletes MUST eat lunch to workout in extreme heat. Fat intake should be somewhat decreased. Salt intake can be slightly increased. Athletes should stay away from carbonated beverages in season.
- **Alter Practice Schedule According to Temperature/Humidity Readings**-a sling psychrometer is an instrument that measures the ambient temperature and the relative humidity at the practice site. Practices may be altered according to the following conditions:

Temperature	Humidity	Procedure
80-90 degrees	Under 70%	Watch those athletes who tend toward obesity/larger muscle mass. Take at least a 10 minute break every hour. Athletes must be under constant supervision.
80-90 degrees	Over 70%	
90-100 degrees	Under 70%	Same
90-100 degrees more	Over 70%	A short program in shorts/t-shirts, frequent breaks, or suspend practice.
100+ degrees	Under 70%	Same
100+ degrees	Over 70%	Suspend practice

- **Trainers will have necessary supplies on the field/court for hydration and cooling of the athletes.**