

Students	Knox County Board of Education Policy		
	Descriptor Term:	Descriptor Code:	Issued:
	Heat Illness Prevention	J-421	12/07
		Reviewed:	Revised:
	9/17	4/14	

The following protocols are presented to guide certified athletic trainers, coaches, physical education teachers, band directors, and athletic directors in preventing exertional and/or temperature related heat illness in students. Extreme heat illness can be a potentially fatal condition and is described in the four (4) following categories¹:

- Heat Cramps - dehydration, thirst, sweating, muscle cramps, and fatigue
- Heat Syncope - dehydration, fatigue, tunnel vision, pale or sweaty skin, decreased pulse rate, dizziness, lightheadedness, fainting
- Heat Exhaustion - normal or elevated body temperature, dehydration, lightheadedness, headache, nausea, persistent muscle cramps, cool clammy skin, profuse sweating, weakness, hyperventilation
- Heat Stroke - elevated body temperature (>104° F); hot, wet, or dry skin; confusion; irrational behavior; weakness; increased pulse rate; irritability, loss of consciousness

In order to help prevent these illnesses from occurring , the following steps must be taken:

The heat index measurement shall be taken 30 minutes before activity for the day by a sling psychrometer, digital sling psychrometer or a digital heat index monitoring system. If using a sling psychrometer or digital sling psychrometer that does not produce a heat index reading, use the attached heat index calculation sheet to determine the heat index. Note that local weather forecasts from television, radio, or the internet are not accepted for the purposes of this prevention policy.

Based on the heat index or temperature readings gathered, the following actions shall be taken:

Temperature or Heat Index	Action
Under 95°	All Sports and Activities: --Unlimited amounts of cool water shall be available to students to drink when they want it. --Optional water breaks at least every 30 minutes. --Watch/monitor high risk students carefully.
95° – 99°	All Sports and Identified Activities: --Unlimited amounts of cool water as stated above. --Mandatory water breaks every 30 minutes. --Watch/monitor students carefully. --Ice available for emergency cooling. *-CONTACT SPORTS: Allow athletes not participating in a contact sport to remove helmet and/or other equipment. --Re-check heat index every 30 minutes
100° - 104° F	All Sports and Identified Activities: --Unlimited amounts of cool water shall be available to students to drink when they want it. --Mandatory water breaks every 15 - 20 minutes.

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100° - 104° F (cont'd)	--Ice down towels for cooling. --Watch/monitor students carefully. --Ice available for emergency cooling. --Alter uniform by removing articles if possible. --Shall postpone activity to later in the day if conditions warrant. *-CONTACT SPORTS: Practice in shorts only. --Re-check heat index every 30 minutes.
105° F or higher	All Sports and Identified Activities: --Stop all outdoor activity and move into air conditioning. If no air conditioning is available, stop all indoor activity as well. --Postponing practices until later in the day is an acceptable option if temperatures are within the stated guidelines. --Re-check heat index every 30 minutes

This policy will be in effect from the time the temperature reaches 85° F in the spring until the temperature drops below 85° F in the fall.

Legal Reference:

1. National Athletic Trainers' Association, American College of Sports Medicine and Tennessee Secondary School Athletic Association (TSSAA).