

PIKE COUNTY PARKS & RECREATION AUTHORITY GUIDELINES FOR OUTDOOR SPORTS ACTIVITIES DURING EXTREME HOT AND HUMID WEATHER

1. Each park shall have and use a digital psychrometer, or a similar device for measuring environmental factors. The digital psychrometer is used to measure the Wet Bulb Temperature (WBT), which is derived by evaluating the combined dry air temperature, humidity, ground radiated heat and the wind speed at that particular location. Conditions are subject to change during the practice/activity; therefore, measurements should be taken at regular intervals throughout the practice/activity. Measurements should be taken at the practice/activity site.
 - a. All Activities: Monitor and follow all guidelines.
 - b. The Athletic Coordinator or his/her designee: Will be required to measure and document the Wet Bulb Temperature (WBT) prior to outdoor practice through the months of June, July & August and other times when conditions warrant. Additional measurements should be taken during practice as conditions warrant.
 - c. The Athletic Coordinator or his/her designee will make a determination if activities should be postponed or cancelled due to unsafe conditions. All fall outdoor activities must adhere to this decision.
2. Practices and games should be held early in the morning and later in the evening to avoid times when environmental conditions are generally more severe.
3. An unlimited supply of water shall be available to participants during practices and games.
 - a. Coaches/Supervisors shall inform all participants that water is always available or accessible and they will be given permission anytime he/she asks for water.
 - b. Hydration and fluid replacement is a daily process. Participants should hydrate themselves before, during, and after practice. Meals should include an appropriate amount of fluid intake in addition to a healthy diet.
4. Give adequate rest periods. Remove appropriate equipment or clothing when possible. Exposed skin cools more efficiently.
 - a. Football players shall be allowed to remove helmets.
 - b. Shoulder pads should be removed if conditions warrant.
5. Gradually acclimatize participants to the heat.
 - a. Research indicates 80% acclimatization may be achieved in 7-10 days, but could take up to 14 days. In some cases, it may take several weeks to become fully acclimated.
 - b. The length and intensity of practice should be adjusted according to the WBT until acclimatization occurs.
6. Participants should wear clothes that are light in weight and color.
7. Participants who need careful monitoring include:
 - a. Overweight participants.
 - b. Weight control problems (fluctuation).
 - c. Those taking over-the-counter and prescription medication.
 - d. Participants who have done absolutely no exercise at all.
9. Be familiar with all heat related symptoms and corresponding treatments.
10. Be familiar with any emergency and 911 procedures.

11. Be familiar with the Wet Bulb Temperature Chart and utilize guidelines determining length of practice and rest periods.
12. Any directives from the Pike County Parks & Recreation Authority must be strictly followed.

YOUTH ASSOCIATION _____

DIRECTOR _____

SPORT _____

HEAD COACH'S NAME _____

SIGN _____

DATE _____



WET BULB TEMPERATURE GUIDELINES

The different stages will be numbered levels 1 - 7. These are guidelines for outdoor activities and sports.

Level	Fahrenheit WBT	Celsius WBT	Practice Hours	Breaks	Fluids
1. Very Low Risk	59 Degrees and Lower	15 Degrees and Lower	Reasonable	As Needed	As Desired
2. Low Risk	60 - 64 Degrees	16 - 17 Degrees	Reasonable	5 minute break every 30 minutes	Cold Water
3. Moderate Risk	65 - 72 Degrees	18 - 22 Degrees	Use Caution	5 minute break every 20-30 minutes	Cold Water
4. High Risk	73 - 75 Degrees	23 - 24 Degrees	Use Caution	Remove helmets 5 minute break every 20 minutes	Cold Water
5. High Risk	76 - 78 Degrees	24 - 25 Degrees	Use Extreme Caution	Remove helmets 5 minute break every 15 - 20 minutes	Cold Water
6. Very High Risk	79 - 81 Degrees	26 - 27 Degrees	Helmets Only Practice time should be shortened with low intensity	Remove helmets 5 minute break every 10 minutes	Cold Water
7. Extreme High Risk	82 Degrees and Higher	28 Degrees or Higher	No Practice	NO Practice	No Practice

HEAT ILLNESS SYMPTOMS AND TREATMENTS

(As Recommended by the National Athletic Trainers Association, July 1999)

Heat illness is used to define several types of afflictions suffered when an individual experiences a rising body temperature and dehydration. Following are the different forms identified by the NATA.

	Symptoms	Treatment
Heat Cramps	Muscle spasms caused by an imbalance of water and electrolytes in muscles	Rest in a cool place Drink plenty of fluids
	Usually affects the legs and abdominal muscles	Proper stretching and massaging
		Application of ice in some cases
Heat Exhaustion	Can be a precursor to heat stroke	Get to cool place immediately and out of the heat
	Normal to high temperature	Drink plenty of fluids
	Heavy sweating	Remove excess clothing
	Skin is flushed or cool and pale	In some cases, immerse body in cool water
	Headaches, dizziness	
	Rapid pulse, nausea, weakness	
	Physical collapse may occur	
	Can occur without prior symptoms, such as cramps	
Heat Stroke		
	Body's cooling system shuts down	Call 911 immediately
	Increased core temperature of 104F or greater	Cool bath with ice packs near large arteries, such as neck armpits and groin
	If untreated it can cause brain damage, internal organ damage and even death	Replenish fluids by drinking or intravenously, if needed
	Sweating stops	
	Shallow breathing and rapid pulse	
	Possible disorientation or lose consciousness	
	Possible irregular heartbeat and cardiac arrest	

FLUID REPLACEMENT

(From the NATA)

Weight Lost During Workout

2 lbs.
4 lbs.
6 lbs.
8 lbs.

Fluid Replacement Needed

32 oz. (4 cups or one sports drink bottle)
64 oz. (8 cups or two bottles)
96 oz. (12 cups or three bottles)
128 oz. (16 cups or four bottles)

GUIDELINES FOR HYDRATION DURING EXERCISE

(From the NATA)

1. Drink 16 – 24 oz. of fluid 1 to 2 hours before the workout or competition.
2. Drink 4 – 8 oz. of water or sports drink during every 20 minutes of exercise.
3. Drink before you feel thirsty. When you feel thirsty, you have already lost needed fluids.

GUIDELINES FOR EXTREME COLD TEMPERATURES

1. The local athletic coordinator, or designee, will make the final decision as to whether outdoor activities will be allowed. The health, safety, and welfare of the participants should be the determining factors.
2. The wind chill factor should be used to determine the severity of the cold temperature, NOT just the temperature alone.
3. Warm-up and stretch properly up until immediately before the competition or practice.
4. Clothing should be selected for comfort. Do not overdress. Multiple layers provide good insulation.
5. Properly cover the head, neck, legs, and hands. Much of your body heat is lost through these areas.
6. Extreme cold blocks some sensations of pain. Thus, frostbite can easily affect the fingers, toes, ears, and facial areas. Check these areas regularly.
7. Hypothermia is a dangerous and severe level that can occur in cold temperatures. Add extra clothing and move to a warm environment immediately after exercising or practice. Drink warm fluids if possible. Hypothermia has occurred in air temperatures of 50°-65°F.
8. Early signs and symptoms of hypothermia include shivering, euphoria, confusion, and behavior similar to intoxication. Severe signs include lethargy, muscular weakness, disorientation, depression, hallucinations, and even combative behavior.

WIND CHILL CHART

Wind Speed in MPH

	<u>0</u>	<u>10</u>	<u>20</u>	<u>30</u>
30 F	30	16	4	-2
20 F	20	4	-10	-18
Temperature Reading 10 F	10	-9	-25	-33
0 F	0	-24	-39	-48
-10 F	-10	-33	-53	-63
-20 F	-20	-46	-67	-79