

Heat and Humidity (WBGT)

The Athletic Trainer, in conjunction with the SAAD, will determine the status of practices due to heat and humidity. Any day that heat is of some level of concern, the AT will determine the Wet Bulb Globe Temperature (WBGT) for that day. The WBGT is a measure of the heat stress in direct sunlight that also takes into account the actual temperature, humidity, wind speed, sun angle, and cloud coverage/solar radiation (KSI WEBSITE). The AT will use the Kestrel 5400 Heat Stress Tracker. This device will provide the WBGT reading and will then be used in conjunction with the chart below to determine what precautions, if any, will need to be taken. Rocktown High School will work out of Category 3 (based off of regional heat safety thresholds – KSI article).

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

The Athletic Trainer will also work with the Head Football Coach to aid in the enforcement of the heat acclimatization process for football players. The first 3 days are helmet only practices. Days 4 and 5 are helmet and shoulder pads only. On day 6, athletes will be allowed to go full pads. This is endorsed by the National Federation of High School Sports as well as the National Athletic Trainers' Association. There are no other acclimatization periods for any sports. They will still follow this chart if they choose to do any activities outside.

With Rocktown High School having a turf field as their game field, the WBGT will also be taken on the grass practice field as well as the turf field to determine the safest playing surface for that day. The Athletic Trainer will make recommendations to both the SAAD and the Head Football Coach on where the best playing field will be as well as what precautions will need to be made for that day's practice. The turf field will likely be unplayable during preseason on the hotter parts of the day. If there is a game/event, the Athletic Trainer will aid in the SAAD in determining what decision needs to be made or what precautions should be taken.

The Athletic Trainer will document the date, time, and locations the WBGT readings were made as well as any precautions that were taken during the day at practice. These readings and precautions will be recorded on a google form and kept with the athletic trainer.

Heat Illnesses

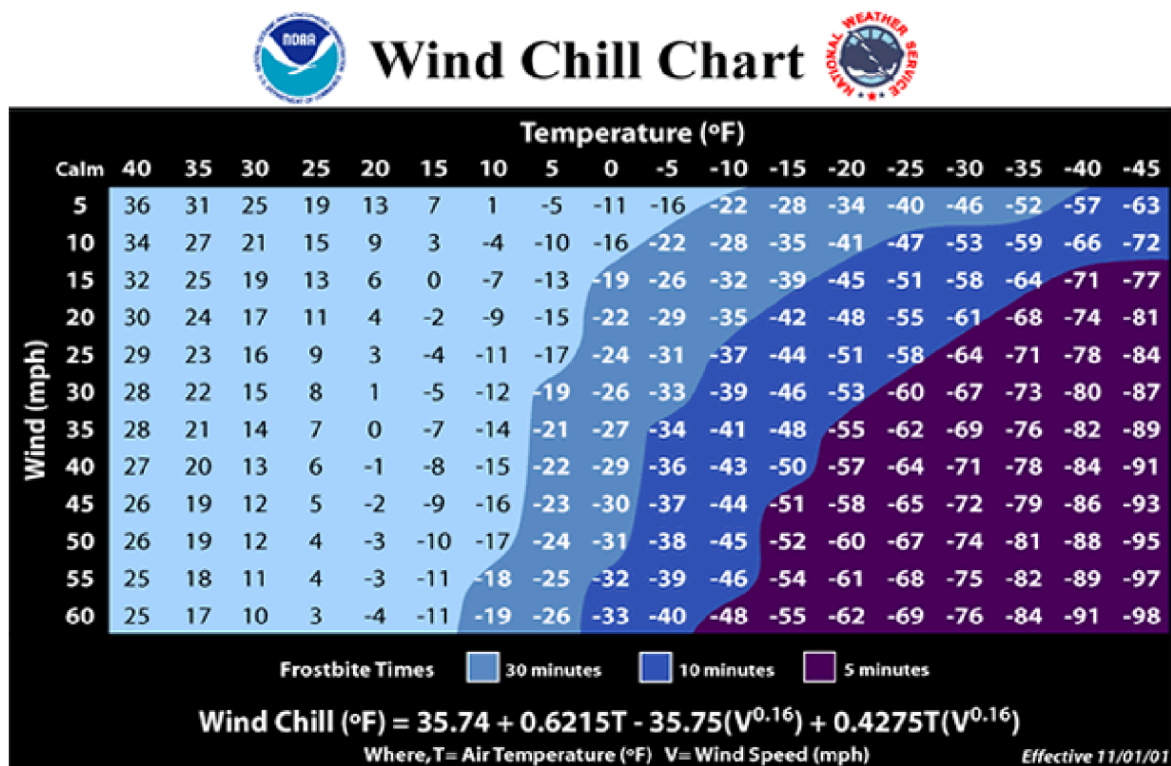
If a student athlete starts exhibiting signs and symptoms of a heat illness, the AT and/or Coach will monitor the athlete. Monitoring will include continuing to monitor the signs and symptoms the athlete is reporting and showing, as well as monitoring their body temperature. Their body temperature will be measured with a device that the Athletic Trainer is trained on and is available to use. The Athletic Trainer will follow the following guidelines:

- Body temperature of **104.9°F or higher:**
 - EAP will be activated and EMS will be called, 911.
 - Signs and symptoms (but not limited to): Central Nervous System dysfunction (disorientation, dizziness, loss of balance, hysteria, delirium, collapse, loss of consciousness), hot and wet skin, hypotension, hyperventilation
 - Patient will be transported to the cooling tank, located in the fieldhouse at the stadium or in the Athletic Training Room, whichever location is the closest, and submerged in cold water. The athlete will be continue to be monitored and submerged until their body temperature decreases to 102°F or below.
 - EMS Transport will NOT OCCUR until the athlete's body temperature has decreased to 102°F or below.
 - Vitals will continue to be monitored routinely
- Body temperature of **104.8 or below:**
 - Body temperature should be taken to be sure that the athlete is not elevated about 105°F.
 - Signs and symptoms (but not limited to): fatigue, faints, or collapses with minor cognitive changes, dizziness, headache, nausea/vomitting, lightheadedness, hypotension.
 - Patient will be removed from play and moved to a cool and shaded area. Excess clothing and equipment will be removed.
 - Further cooling will be continued with ice towels and/or ice bags, etc.

- Vitals will continue to be monitored. Athlete can be placed in supine position with legs elevated if tolerated.
- EMS will be called if athlete does not stabilize and return to normal within 30 minutes of initial symptoms or collapse.

Environmental Cold

The Athletic Trainer will monitor cold weather conditions if teams are wanting to hold practices or activities outside during colder weather. Indoor track is a team that will practice as much as possible outside during the winter months, if weather permits. The Athletic Trainer will use the “real feel” temperature, in conjunction with the wind chill, of their desired weather service app. The AT will then inform coaches of the temperature and any further precautions that need to be taken. The AT will also document the cold weather temperature taken and any precautions that were set for that day. According to the NATA Position Statement on Environmental Cold Conditions (2008), the following guidelines will be used to ensure the safest ways to participate in the cold:



The following guidelines can be used in making practice and competition decision.

Wind Chill Temperature	Recommendations
31°F and above	Normal Practice
30°F and below	Be aware of potential for cold injury and notify appropriate personnel of the potential.
25°F and below	Provide additional protective clothing, cover as much exposed skin as practice and provide opportunities and facilities for rewarming.
15°F and below	Consider modifying activity to limit exposure or to allow more frequent chances to rewarm
0°F and below	Consider terminating or rescheduling activity.

Lightning/Thunder

Rocktown High school utilizes the Perry Weather Weather Monitoring and Alerting System. It is the policy of Rocktown High School that if the Perry Weather System goes off with a single 10-second long blast and the yellow strobe light starts flashing, all persons outside should relocate to a safe space designated by the athletics staff of Rocktown High School. An Automated alert will also come over the speakers educating everyone on where they need to go. Spectators will be asked to go back to their vehicles. Both visiting and home teams will have their designated locations as determined by the Athletic Trainer and the SAAD of Rocktown High School. The AT will make sure to communicate with visiting teams and educate them on where their safe space will be in the event of lightning or any other emergency. Likely, the visiting teams will be housed on their buses or into the school building/away team locker rooms. Perry Weather is activated with lightning is within 10 miles. No persons will be allowed outside until the Perry Weather system gives the "All Clear", which is 3 separate, 5-second long blasts and the yellow strobe light stops flashing. Another automated message will be broadcasted allowing people to return to the fields.

The Athletic Trainer will be responsible for making sure all coaches are aware that the Perry Weather system has been activated. Coaches will also receive text messages from Perry Weather alerting them that lightning is within the area and that they need to move indoors. The Athletic Trainer can also make the decision to have everyone seek shelter if the Perry Weather system is malfunctioning and/or the Athletic Trainer hears thunder or sees cloud-to-ground lightning per the VHSL Thunder/Lightning Policy.

The Athletic Trainer will make sure to be in communication with the SAAD when Perry Weather goes off, regardless if there are practices or games/events going on. If during competitions, the SAAD can either allow the Perry Weather system to send the automated message through the speakers alerting spectators and teams or can have the PA announcer to do reading the Thunder/Lightning Script provided in the binder located in the pressbox. The Athletic

Trainer, SAAD, and other administrators on duty will ensure that all players, coaches, officials, and spectators have sought shelter in a safe place inside.

Perry Weather has a feature that has a countdown clock of lightning strikes within the 10 mile radius. This clock will continue to reset when it detects new strikes within 10 miles. Once Perry Weather has not detected a new strike for 30 minutes, it will send the "All Clear" message. The Athletic Trainer will remain close to or in close communication with the SAAD to help in the decision to postpone or wait out the storm.