

South Brunswick School District

Athletic Department

Heat Participation Policy

5/6/19

History shows that most exertional heat stroke deaths occur during August; however, athletes will be at risk whenever in the presence of elevated ambient temperatures with high humidity. For many years, coaches have utilized the Heat Index to determine safe conditions for exercise in a hot environment. Evidence-based research, first initiated with the military, proves that Wet Bulb Globe Temperature (WBGT) should be the environmental monitoring measure during athletic participation in the heat.

The Heat Index was developed as a measurement of ambient temperatures and relative humidity while resting in the shade. It is intended to provide outdoor restrictions for the elderly and adolescents during times of elevated temperatures. It is not relevant to an athletic activity settings. However; the WBGT is a measurement of ambient temperature, relative humidity, radiant heat from the sun and wind speed. When outdoor activities are conducted in the direct sun, the WBGT is the most pertinent to use. Although read in degrees, the WBGT does not reflect degrees of air temperature. A WBGT reading of 92 F may equate to a Heat Index reading of 104-105 degrees F.

The NJSIAA Heat and Humidity Participation Policy will be utilized in conjunction with the NJSIAA Pre-Season Heat Acclimatization Policy. Monitoring the environmental conditions through the WBGT and making the appropriate activity modifications is an effective preventative measure in preventing exertional heat stroke. The athletic trainer, certified designee or individual (e.g. coach) must use a scientifically-reliable WBGT measuring device and take an on-site reading 30 minutes prior to activity and a minimum of every hour during activity. Readings must be recorded on the *NJSIAA Heat Participation Policy Record Chart*. All corresponding modifications must also be recorded on the chart.

***The policy must be carried out by the athletic trainer, certified designee or individual as appointed by the athletic director which includes any individual responsible or sharing duties for making decisions concerning the implementation of modifications or cancellation of practice and games based on WBGT.

***In accordance with the current school compliance checks, the compliance monitors checklist will include items specific to:

- Presence of a WBGT device
- Documentation of all practices/games requiring modification on the NJSIAA Heat Participation Policy Record Chart
- Proof of written and signed off Heat Participation Policy document

ACTIVITY GUIDELINES AND REST BREAK GUIDELINES

WBGT READING	Flag	Risk for Heat Illness	ACTIVITY GUIDELINES AND REST BREAK GUIDELINES
Under 80.0 Degrees Fahrenheit	Green	Very Low	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
80.0 - 85.0 Degrees Fahrenheit	Yellow	Low	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
85.1 - 88.0 Degrees Fahrenheit	Orange	Moderate	Maximum practice time is 2 hours, <u>For Football, Lacrosse and Field Hockey</u> : All helmets and shoulder pads must be removed for practice and conditioning activities. If the WBGT rises to this level during practice, football players may continue to work out wearing football pants without changing into shorts. <u>For All Sports</u> : provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
88.1 - 90.0 Degrees Fahrenheit	Red	High	Maximum length of practice is 1 hour. <u>For Football, Lacrosse and Field Hockey</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 minutes of rest breaks distributed throughout the hour of practice.
Over 90 Degrees Fahrenheit	Black	Very High	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time must involve unrestricted access to fluids (e.g. water or electrolyte beverages).
2. With sports requiring helmets (e.g. football, lacrosse, field hockey), the helmets must be removed during rest time.
3. The site of the rest time must be in a shaded area.
4. When the WBGT reading is $>85.0^{\circ}\text{F}$
 - a. Ice towels, spray bottles filled with ice water or equivalent must be available to aid in the cooling process within the shaded area.

Definitions

1. Game: any NJSIAA sanctioned event.
2. Practice: the period of time that a participant engages in coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.
3. Walk through: this period of time shall last no more than one hour and is not considered to be a part of the practice time regulation and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

*The *NJSIAA Heat Participation Policy* applies to both practices and games. At least 30 minutes prior to the start of a game, the officials must be informed of the on-site WBGT reading and the recommended modifications (e.g. built-in water breaks). Keep in mind that scrimmages take place during the preseason acclimatization period and are considered practices; therefore, must also follow the *Heat Participation Activity Guidelines*.