



## Heat Safety Policy

The League is committed to the safety of our players and their families in the changing environmental conditions of our area. Youth players are at increased risk of heat related illness, and may suffer more long term problems. It is imperative that coaches, umpires, and parents heed warnings and follow these guidelines to prevent injury.

### I. INDEX

In conjunction with our governing organizations, the Arizona Interscholastic Association and the American Academy of Pediatrics, the League has approved use of the **Wet Bulb Globe Temperature (WBGT)** as the recommended forecast measurement to be used to monitor environmental conditions during outdoor physical activities.

**WBGT readings must be taken at the place of practice/event.  
Readings must be taken 30 mins prior to the activity.**

### II. ACTIVITY MODIFICATIONS

The table defines modified activity suggestions from the AAP and ACSM regarding PRACTICES & GAMES. It covers alterations to scheduling, the ratio of workout time to time allotted for rest and hydration, as well as WBGT levels at which activities should be terminated.

**WBGT Activity Guidelines and Rest/Break Guidelines for Athletes**

Heat Category	WBGT Index (F)	Activity Guidelines
No Flag	Under 80	All activities allowed. Provide at least three separate rest breaks each hour with a minimum duration of 3 min each.
Low Risk	80.1 - 85.9	Use discretion for intense or prolonged exercise. Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
Moderate Risk	86 - 90	Maximum practice time is 2 hours. Provide at least three separate <i>shaded</i> rest breaks each hour with a minimum duration of 5 min each. Enforce drinking water every 15 minutes.
High Risk	90.1 – 91.9	Maximum practice time is 1 hour. Games are permitted with required shaded water breaks. Stop activity of un-acclimatized persons and other persons at high risk (age less than 8). There must be 20 minutes of <i>shaded</i> rest breaks distributed throughout the hour of activity.
Extreme Risk	Over 92	Cancel all athletic activities. Postpone games until a lower WBGT is reached.

\* Once acclimatized. League recognizes a 14 day acclimatization period.



Additional modifications that should be made:

- Alteration of start times, as possible, to allow for participation in the best conditions
- Unlimited access to cool water
- Providing shade structures/tents
- Providing fans and misters for rapid evaporative cooling
- Provide ice towels/sponges
- Mandating strategically placed official timeouts (called by umpire)

### **III. USE OF WBGT**

It is recommended that coaches utilize a scientifically approved instrument that measures WBGT, or an internet-based application, to monitor the WBGT.

- The WBGT should be checked at the 30-minute mark prior to activity, and checked every 30 minutes during activity.
- When there's a change in WBGT from one level to the next, modifications **MUST** be made based on the above WBGT guidelines.
- Activities are timed from when players report to the outside area, and continues until the players leave the area.

### **IV. EMERGENCY ACTION PLANS & PROCEDURES**

- Each coach will be provided with a copy of the League's Heat Emergency Plan.
- Each coach **MUST** ensure that the team's First Aid Kit includes (and maintains stock) of rapid cooling packs or equivalent options.
- Rapid cooling zones **MUST** be available for each outdoor activity that is held in WBGT **of 86 or higher**. Rapid cooling zones **MUST** include a combination of 3 of the following options: ice packs, cold/wet towels, water misters, and shade. The presence of an adult trained to administer rapid cooling is recommended.
- Coaches and parents must adopt a heat injury prevention philosophy by promoting unrestricted access to water at all times and player should never be denied access to water.
- Rest breaks must involve unlimited hydration intake, shade cover, and rest without any activity.

## CNLL HEAT EMERGENCY PLAN

Heat stroke, heat exhaustion, and heat cramps are all highly possible outcomes for your players and volunteers if they are not protected from the sun's power. When games are played in high heat or heat and high humidity, precautions should be in place.

According to the American Association of Pediatrics (AAP), children's bodies can't tolerate heat as well as adults, so don't expect them to perform in the same conditions you can.

# WHEN THERE IS HEAT, THERE IS F.I.R.E.

### STEP 1: PREVENT HEAT ILLNESS

**Drink Early, Drink Often:** the best protection for heat illness is water and rest. Players **MUST** bring water or a sports drink with modest amounts of electrolytes.

- Provide water for players wherever possible
- Provide sunshades for all dugouts and spectator areas
- Provide towels that can be made wet, to apply to necks
- Provide misters or a sprinkler in a shaded area where players can cool off
- Provide a fan for rapid cooling

### STEP 2: WATCH FOR HEAT ILLNESS

Kids move from fine, to overheated, to heat stroke very quickly!!! Be sure you know the signs.

### STEP 3: TREAT HEAT ILLNESS with F.I.R.E.

- F. Fluid**
- I. Ice**
- R. Rest**
- E. Emergency: Call 9-1-1**

Heat Exhaustion	Heat Stroke
<p>Excessive Sweating</p> <p>Cold, Pale, Clammy Skin</p> <p>Fast, Weak Pulse</p> <p>Nausea or Vomiting</p> <p>Dizziness or Fainting</p> <p>Muscle Cramps</p>	<p>Headache</p> <p>Possibly Unconscious</p> <p>High Internal Temperature Above 103°F</p> <p>Rapid, Strong Pulse</p> <p>Nausea or Vomiting</p> <p>No Sweating</p> <p>Hot, Dry Skin</p>
<p style="text-align: center;"><b>What To Do</b></p> <ol style="list-style-type: none"> <li>1. Move to a cooler location.</li> <li>2. Lie down and loosen your clothing.</li> <li>3. Apply cool, wet cloths to as much of your body as possible.</li> <li>4. Sip water.</li> <li>5. If you have vomited and it continues, seek medical attention immediately.</li> </ol>	<p style="text-align: center;"><b>What To Do</b></p> <ol style="list-style-type: none"> <li>1. <b>CALL 911 IMMEDIATELY</b></li> <li>2. Move the person to a cooler environment.</li> <li>3. Reduces the person's body temperature with cool cloths or even a bath.</li> <li>4. Do <b>NOT</b> give fluids.</li> </ol>