

North Jersey State High School Guidelines

WBGT (°F) Activity Guidelines And Rest Break Guidelines

Less than 80

Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.

85.1 F – 88.0°F

Maximum practice time is 2 hours, For Football: no protective equipment may be worn during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing into shorts. For Field Hockey Goalies: All protective equipment must be removed for conditioning activities. For All Sports: provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.

88.1 F – 90°F

Maximum length of practice is 1 hour. For Football: no protective equipment may be worn during practice and there may be no conditioning activities. For All Sports: there must be 20 minutes of rest breaks distributed throughout the hour of practice.

90 or above

NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

Source: 2018 NJSIAA Handbook, Heat Participation Policy, www.njsiaa.org

Heat Illness and What to Do

⚠ Heat Cramps: Painful, involuntary muscle spasms (usually occurring in the legs) associated with exercise in the heat when athletes have been sweating profusely.

+ **What to do:** Stop activity and rest in cool area. Rehydrate.

⚠ Heat Exhaustion: Inability to sustain exercise in the heat due to cardiovascular strain. Signs and symptoms include: fatigue, weakness, nausea, light-headedness, headache, heavy sweating, dehydration, decreased muscle coordination, and chills. Improvement is seen usually within 10-15 minutes.

+ **What to do:** Stop activity and rest in cool area. Rehydrate. Remove excess clothing and cool the athlete with ice-wet towels. If exertional heat stroke is suspected, take rectal temperature for differential diagnosis.

⚠ Exertional Heat Stroke: Occurs when (1) the rectal temperature is $\geq 104^{\circ}\text{F}$ and (2) there are signs/symptoms of central nervous system dysfunction. Signs and symptoms include: high body temperature ($\geq 104^{\circ}\text{F}$), irrational behavior, emotional instability, confusion, nausea, diarrhea, loss of muscle coordination, collapse, dehydration, rapid pulse, low blood pressure, heavy sweating. **This is a medical emergency.**

+ **What to do:** Stop activity and aggressively cool the patient using cold water tub. Activate emergency medical service, but always cool first and transport second. Remove excess clothes. Continuously monitor the rectal temperature until it is cooled down to 102°F .

Information provided by the Korey Stringer Institute <http://ksi.uconn.edu>



