

North Carolina State High School Guidelines

WBGT (°F)

Activity Guidelines Guidelines

Less than 80

Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest/water breaks (5 min water/rest break every 30 min).

80-84.9

Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest/water breaks. (5 min water/rest break every 25 min)

85-87.9

New or unconditioned athletes should not have practice. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest/water breaks (5 min water/rest break every 20 min). Have immersion pool on site for practice.

88-89.9

All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest/water breaks (5 min water/rest break every 15 min). Have immersion pool on site for practice.

90 or above

SUSPEND PRACTICE

Source: 2015-16 NCHSAA Handbook, Section on Heat and Humidity Guidelines, pg 41.

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>



