

On days when the weather indicates a heat advisory based on the temperature and humidity, St. John Bosco will follow a Heat Advisory Policy. According to the hourly forecast at <http://www.weather.com/weather/today/Phoenix+AZ+85048> time out of doors will be monitored by the administration and instructions provided to teachers and supervisors in order to assure the safety for the students in our care.

Red: Inside activity only (use indoor lunch recess plan)

Orange: Mandatory shade and water breaks after every 10 minutes of activity, lasting for 3-5 minutes (use modified lunch recess plan).

Yellow: Caution (consider new students who are un-acclimatized, and children more susceptible to heat illness [obesity, prescription amphetamines, those playing high intensity sports])

| | | Temperature (° F) | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|-----|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 | 104 | 105 | 106 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | |
| Relative Humidity | 100 | 132 | 137 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 95 | 127 | 132 | 137 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 90 | 119 | 123 | 131 | 132 | 137 | 141 | 146 | 152 | 157 | 163 | 168 | 174 | 180 | 186 | 193 | 199 | | | | | | | | | | | |
| | 85 | 115 | 119 | 123 | 127 | 132 | 136 | 141 | 146 | 150 | 156 | 161 | 166 | 172 | 178 | 184 | 190 | | | | | | | | | | | |
| | 80 | 112 | 115 | 119 | 123 | 127 | 131 | 135 | 140 | 144 | 149 | 154 | 159 | 164 | 169 | 175 | 180 | | | | | | | | | | | |
| | 75 | 109 | 112 | 115 | 119 | 122 | 126 | 130 | 134 | 138 | 143 | 147 | 152 | 156 | 161 | 166 | 171 | | | | | | | | | | | |
| | 70 | 106 | 109 | 112 | 115 | 118 | 122 | 125 | 129 | 133 | 137 | 141 | 145 | 149 | 154 | 158 | 163 | | | | | | | | | | | |
| | 65 | 103 | 106 | 108 | 111 | 114 | 117 | 121 | 124 | 127 | 131 | 135 | 139 | 143 | 147 | 151 | 155 | | | | | | | | | | | |
| | 60 | 100 | 103 | 105 | 108 | 111 | 114 | 118 | 120 | 123 | 126 | 129 | 133 | 136 | 140 | 144 | 148 | | | | | | | | | | | |
| | 55 | 98 | 100 | 103 | 105 | 107 | 110 | 113 | 115 | 118 | 121 | 124 | 127 | 131 | 134 | 137 | 141 | | | | | | | | | | | |
| | 50 | 96 | 98 | 100 | 102 | 104 | 107 | 109 | 112 | 114 | 117 | 119 | 122 | 125 | 128 | 131 | 135 | 137 | | | | | | | | | | |
| | 45 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 108 | 110 | 113 | 115 | 118 | 120 | 123 | 126 | 129 | 130 | 134 | 137 | | | | | | | | |
| | 40 | 92 | 94 | 96 | 97 | 99 | 101 | 103 | 105 | 107 | 109 | 111 | 113 | 116 | 118 | 121 | 123 | 126 | 127 | 130 | 132 | 136 | | | | | | |
| | 35 | 91 | 92 | 94 | 95 | 97 | 98 | 100 | 102 | 104 | 106 | 107 | 109 | 112 | 114 | 116 | 118 | 121 | 124 | 126 | 130 | 131 | 134 | 137 | | | | |
| | 30 | 89 | 90 | 92 | 93 | 95 | 96 | 98 | 99 | 101 | 102 | 104 | 106 | 108 | 110 | 112 | 114 | 116 | 118 | 120 | 123 | 125 | 127 | 129 | 131 | 134 | | |
| | 25 | | | | | | | | | | | | | 101 | 103 | 104 | 106 | 108 | 109 | 111 | 113 | 115 | 117 | 119 | 121 | 123 | 125 | 127 |
| 20 | | | | | | | | | | | | | | | 103 | 105 | 106 | 107 | 109 | 110 | 112 | 113 | 115 | 117 | 119 | 121 | | |
| 15 | | | | | | | | | | | | | | | | 102 | 103 | 104 | 105 | 107 | 108 | 109 | 111 | 112 | 113 | 115 | | |
| 10 | | | | | | | | | | | | | | | | | | 103 | 103 | 105 | 106 | 107 | 107 | 109 | 110 | | | |
| 5 | | | | | | | | | | | | | | | | | | | | 102 | 103 | 104 | 104 | 105 | 106 | | | |

| | |
|--------------|--------------------------------------|
| 115+ degrees | Inside Activity Only |
| 105-114 | Shade and water breaks (3-5 minutes) |
| 100-105 | Caution |

Living in Arizona, we must recognize that heat stress can be a significant health risk during the summer and early fall months. Children are more susceptible to heat-induced illness, as they have a lower capacity to sweat, they are less apt to hydrate, they have a higher metabolic rate, and they have a higher surface area-to-body mass, which allows for transfer of heat from the environment to the body.

Sports practices at Red Advisory: Practice postponed, or cancelled until reading is no longer in the critical zone.

Sports practices at Orange/Caution: Modifications may include; no equipment worn or no running schedule. Water available and breaks given every 10 minutes or as needed. Practice may be moved indoors.

Sports practices at Yellow: Increased supervision by Staff and/or Coaches. Water is always available and breaks given as needed. Other modifications may include reduced amount of equipment worn, adjusted times, reduced running schedule.

Increased supervision by Staff and/or Coaches.

- **Have water available** and encourage athletes to bring their own.
- Encourage athletes to **hydrate PRIOR to practice**. Athletes should consume 17-20 fl. oz. of water 2-3 hours before exercise and 7-10 fl. oz. of water 10-20 minutes before exercise.
- **Schedule water breaks** into the practice plan. Be aware of situations where athletes may need more water breaks based on intensity level and climate conditions.
- Encourage athletes to **hydrate AFTER practice** with water or a sports drink. Energy drinks and soda are never recommended for use in hydrating the body.
- Children may not excessively sweat. If untreated, heat exhaustion can progress to heat stroke, requiring hospitalization- Learn to recognize the signs and err on the side of caution.

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|-------------------------------|--|---|
| <p>HEAT EXHAUSTION</p> | <p>Fatigue - Headache - Fever (not exceeding 104 degrees) - Dehydration - Rapid Heartbeat - Dizziness/Fainting - Nausea/Vomiting Muscle Cramps - Heavy Sweating or No Sweating</p> | <p>The individual suffering from heat exhaustion should stop all physical activity and move immediately to a cool place out of the sun, preferably a cool, air-conditioned location. He/She should then lay down with feet slightly elevated, remove or loosen clothing, and drink cold (but not iced) slightly salty water or sports drink. Rest and replace fluids.</p> |
| <p>HEAT STROKE</p> | <p>Headache - Dizziness - Disorientation Agitation/Confusion - Hallucinations - Sluggishness/Fatigue - Seizure - Hot/Dry Skin Flushed but not sweaty - High Blood Pressure - Rapid Heart Loss of Consciousness</p> | <p>Person must be treated immediately as heat stroke can cause permanent damage or death. Take immediate first aid measures while waiting for help to arrive: -CALL 9-1-1 -Get the person indoors preferably air conditioned -Remove clothing and gently apply cool water to the skin followed by fanning to stimulate sweating. -Apply ice packs to the groin and armpits. -Lie the person down in a cool area with the feet slightly elevated.</p> |