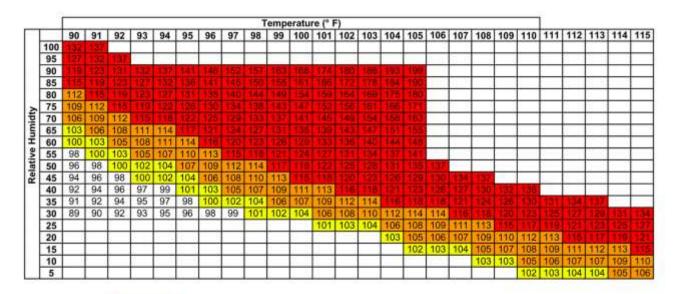
On days when the weather indicates a heat advisory based on the temperature and humidity, St. John Bosco will follow a Heat Advisory Policy. According to the hourly forecast at http://www.weather.com/weather/today/Phoenix+AZ+85048 time out of doors will be monitored by the administration and instructions 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).

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



| 115+ dogrees | 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.

C:\Users\Shelley\Desktop\Heat Advisory Policy.doc

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.

| HEAT EXHAUSTION | Fatigue - Headache - Fever (not exceeding 104 degrees) - Dehydration - Rapid Heartbeat - Dizziness/Fainting - Nausea/Vomiting Muscle Cramps - Heavy Sweating or No Sweating | 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. |
|--------------------|---|---|
| HEAT STROKE | Headache - Dizziness - Disorientation Agitation/Confusion - Hallucinations - Sluggishness/Fatigue - Seizure - Hot/Dry Skin Flushed but not sweaty - High Blood Pressure - Rapid Heart Loss of Consciousness | 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. |