

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.

<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>