

Students	Knox County Board of Education Policy		
	Heat Illness Prevention	Descriptor Code:	Issued:
		J-421	12/07
	Reviewed:	Revised:	
11/21	1/22		

The following protocols are presented to guide certified athletic trainers, coaches, physical education teachers, band directors, and athletic directors in preventing exertional and/or temperature related heat illness in students. Extreme heat illness can be a potentially fatal condition and is described in the four (4) following categories:

- Heat Cramps - dehydration, thirst, sweating, muscle cramps, and fatigue
- Heat Syncope - dehydration, fatigue, tunnel vision, pale or sweaty skin, decreased pulse rate, dizziness, lightheadedness, fainting
- Heat Exhaustion - normal or elevated body temperature, dehydration, lightheadedness, headache, nausea, persistent muscle cramps, cool clammy skin, profuse sweating, weakness, hyperventilation
- Heat Stroke - elevated body temperature (>104° F); hot, wet, or dry skin; confusion; irrational behavior; weakness; increased pulse rate; irritability, loss of consciousness

In order to help prevent these illnesses from occurring, the following steps must be taken:

The heat index measurement shall be taken 30 minutes before activity for the day by a sling psychrometer, digital sling psychrometer or a digital heat index monitoring system. If using a sling psychrometer or digital sling psychrometer that does not produce a heat index reading, use the heat index chart at <https://www.wrh.noaa.gov/psr/general/safety/heat/heatindex.png> to determine the heat index. Note that local weather forecasts from television, radio, or the internet are not accepted for the purposes of this prevention policy.

Based on the heat index readings gathered, the following actions shall be taken:

Heat Index	Action
Under 95°	All Sports and Activities: --Unlimited amounts of cool water shall be available to students to drink when they want it. --Provide at least three (3) separate breaks each hour with minimum duration of three (3) minutes each. --Watch/monitor high risk students carefully.
95° – 99°	All Sports and Identified Activities: --Maximum practice time two (2) hours. --Unlimited amounts of cool water as stated above. --Provide at least four (4) separate rest breaks each hour with a minimum duration of four (4) minutes each. --Watch/monitor students carefully. --Ice available for emergency cooling. *CONTACT SPORTS: Allow athletes not participating in a contact sport to remove helmet and/or other equipment. *BAND: Allow band students to wear hot weather uniforms. --Re-check heat index every 30 minutes

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<p>100° - 104° F</p> <p>100° - 104° F (cont'd)</p>	<p>All Sports and Identified Activities: --Maximum practice time one (1) hour. --Unlimited amounts of cool water shall be available to students to drink when they want it. --Twenty (20) minutes of rest breaks distributed throughout the hour of practice. --Ice down towels for cooling. --Watch/monitor students carefully. --Ice available for emergency cooling. --Alter uniform by removing articles if possible. --Shall postpone activity to later in the day if conditions warrant. *-CONTACT SPORTS: Practice in shorts only. *BAND: Allow band students to wear hot weather uniforms. --Re-check heat index every 30 minutes.</p>
<p>105° F or higher</p>	<p>All Sports and Identified Activities: --Stop all outdoor activity and move into air conditioning. If no air conditioning is available, stop all indoor activity as well. --Postponing practices until later in the day is an acceptable option if temperatures are within the stated guidelines. --Re-check heat index every 30 minutes</p>

This policy will be in effect from the time the temperature reaches 85° F in the spring until the temperature drops below 85° F in the fall.

Legal Reference:

1. National Athletic Trainers' Association, American College of Sports Medicine and Tennessee Secondary School Athletic Association (TSSAA).

Approved as to Legal Form
By Knox County Law Director 11/17/2021
/Gary T. Dupler/Deputy Law Director