

# FUNDAMENTALS OF HEAT ACCLIMATIZATION PLAN

- ▶ Physical exertion and training activities should begin slowly and continue progressively.
- ▶ Keep each athlete's individual level of conditioning and medical status in mind and adjust activity accordingly.
- ▶ Adjust intensity, rest breaks, and consider reducing uniform and protective equipment.
- ▶ Athletes must begin workouts hydrated.
- ▶ Recognize early signs of distress and developing exertional heat illness. Treat immediately.
- ▶ Recognize more serious signs.
- ▶ An emergency action plan should be in place.



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## STEPS TO SAFETY

- 1 Acclimatize Athletes to the heat!
- 2 Hydrate before, during and after workouts
- 3 Modify activities in relation to environmental heat stress & contributing individual risk factors (i.e. illness, obesity)
- 4 Monitor all athletes during workouts and training in the heat
- 5 Monitor player weights before and after practice/work-out
- 6 Establish an emergency action plan
- 7 Be prepared to cool athletes quickly (i.e. ice towels, cold water submersion)



**PLAY IT SAFE**  
ILLINOIS HIGH SCHOOL ASSOCIATION  
**IN THE HEAT!**



# MANAGING HEAT AND HEAT ILLNESS

These guidelines represent minimum standards that IHSA member schools should follow for athletic competitions. Schools with more restrictive guidelines are not expected to modify any pre-existing guidelines in order to meet this policy. These guidelines will be used during by managers or their designees at all IHSA state series events when the Wet Bulb Globe Temperature (WBGT) is above 80 degrees Fahrenheit. State series tournament managers will make the decisions to suspend and resume activity in accordance with these guidelines using those devices or systems usually used at the state series venue/site.

Thirty minutes prior to the start of an activity, and again 60 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity. Using a Wet Bulb Globe Thermometer is recommended, although a conversion to WBGT can be made from air temperature and relative humidity using chart 2. Record the readings in writing and maintain the information in files of the tournament manager and/or host school administration. Tournament managers may designate someone other than themselves to take these readings.

NOTE: While most attention will be given to outdoor sports in the fall and spring, indoor venues/facilities (gymnasiums, wrestling rooms, and swimming/diving facilities) that are not air conditioned should not be neglected for the purposes of this policy. Additionally, sometimes conditions will vary for different aspects of the same competition. For example, one part of a cross-country course may be hotter or more humid than other parts. The best course of action for managers is to take the heat index at the place of the most severe conditions.

## ON-SITE WBGT READINGS IN THE FOLLOWING RANGES WILL RESULT IN APPROPRIATE MODIFICATIONS DURING EXERCISING IN THE HEAT FOR STATE SERIES COMPETITIONS:

### ▶ ≤79.9 DEGREES F

- i. All sports
  1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
  3. Ice-down towels for cooling.
  4. Watch/monitor athletes carefully for necessary action.

### ▶ 80.0-84.5 DEGREES F

- i. All sports
  1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
  3. Provide cooling stations using methods such as ice towels.
  4. Watch/monitor athletes carefully for necessary action
- ii. Contact sports and activities with additional protective equipment (in addition to the above measures)
  1. Helmets and other possible equipment removed while not involved in contact.
- iii. Reduce time of outside activity. Consider postponing activity to later in the day.
- iv. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions or sooner if personnel on the field suspects potential heat stress.

### ▶ 84.6-87.5 DEGREES F

- i. All sports
  1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  2. Schedule at least 4 separate 4:00 breaks within each hour, or a 10:00 break every 30:00 of training or competition.
  3. Coordinate breaks with assigned contest officials.
  4. Have cooling stations for before, during, and after exercise/training/competition.
  5. Watch/monitor athletes carefully for necessary action

6. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
  7. Consider postponing activity to later in the day or another day (with approval from IHSA Administration)
  8. If practicing, maximum of 2 hours of training/practice while temperature is in this range.
- ii. Contact sports and activities with additional protective equipment (in addition to the above measures)
    1. Helmets and other possible equipment removed if not involved in activity or necessary for safety. If necessary for safety, suspend activity.
  - iii. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions.

### ▶ 87.6-89.9 DEGREES F

- i. All sports
  1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  2. Schedule at least 4 separate 4:00 breaks within each hour, or a 10:00 break every 30:00 of training or competition.
  3. Coordinate breaks with assigned contest officials.
  4. Have cooling stations for before, during, and after exercise/training/competition.
  5. Watch/monitor athletes carefully for necessary action
  6. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
  7. Consider postponing activity to later in the day or another day (with approval from IHSA Administration)
  8. If practicing, maximum of 1 hour of training/practice while temperature is in this range.
- ii. Contact sports and activities with additional protective equipment (in addition to the above measures)
  1. Helmets and other possible equipment removed if not involved in activity or necessary for safety. If necessary for safety, suspend activity.
- iii. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions.

### ▶ 90 DEGREES F

- i. All sports
  1. No training/competition
  2. Cancel and/or postpone activity to cooler time of the day