

Crisp County High School Heat Policy

1. Prevention of Heat Illness is the key to success. The ability to recognize and assess the signs of heat illness is the key to preventing heat related injuries. All coaches, athletic trainers, and staff working with student athletes need to be knowledgeable in recognizing the signs and symptoms.
2. Coaches, athletic trainers, and student athletes should be aware that most adverse heat reactions occur in the first few days of practice and when the heat index is the highest which is usually between 1:00-7:00 p.m. Due to the region in which we live, our relative humidity to temperature ratio will and can cause the heat index to be high to very high category. We in turn must adjust and accommodate changes to conditioning programs.
3. Gradual Acclimatization: This simply means to build up the amount of time spent outside. Acclimatization should occur well before the start of the competitive season and should gradually increase over the first two weeks. For football, workouts should begin in shorts and t-shirts, followed by the addition of helmets, proceeding to shoulder pads, and finally to full equipment. Documentation of attended practices and preseason workouts for each athlete should be maintained. This will allow coaches to accurately keep track of athletes that may be more at risk because of missing workouts.
4. Wear lightweight clothing: This will allow the skin to breathe. The body will be able to easily eliminate heat with lightweight clothing. The clothing also needs to be light in color so as not to attract and absorb excess amounts of heat.

Hydration: Hydration is the greatest prevention to heat illness. Hydration and fluid replacement is a daily process.