



HEAT INDEX PRECAUTIONS TABLE

Heat Index	Precautions required for outdoor sports and outdoor activities lasting 15 minutes or more	Medical precautions
Heat Index Under 95°F	<p>Youth should be well hydrated prior to participating in sports: ideally 8 to 16 oz 15-30 minutes prior to exercise.</p> <p>Provide easy access to ample supply of water or electrolyte sport drinks during athletic participation, swimming, and physical labor: water should always be available and plentiful to youth and staff!</p> <p>Allow water breaks every 20-30 minutes for up to 10 minutes a break.</p> <p>Provide sun screen.</p> <p>Clothes for exercise should be lightweight and of a light color.</p> <p>Monitor youth for signs of exhaustion or heat stress.</p> <p>Have mechanism for rapidly cooling youth who get overheated: close access to air conditioning, fans, shade, cold shower, ice, iced-down towels.</p> <p>Follow medical precautions.</p>	<p>Certain youth may be restricted from participation in sports/physical labor – nurses must communicate to residential staff restrictions for specific youth.</p> <p>For youth with increased likelihood of dehydration or heat illness (examples: pregnancy, sickle cell disease, diabetes), physicians should consider orders for daily water bottle or electrolyte sports drink and notify staff of increased risk for dehydration and symptoms to watch for.</p> <p>Medical staff must have ability to take core temperature with thermometer (rectally most accurate): if core temp over 102, cool youth immediately with ice bath/iced-down towels.</p> <p>Organ damage begins at core temp of 104.</p>
Heat Index 95° to 100°F	<p>Same as above plus:</p> <p><u>Mandatory</u> water breaks during outdoor activities and sports every 20 minutes for 10 minutes even if youth not thirsty: recommend at least 8 ounces water or sport drink every 20 minutes for youth and staff.</p> <p>Recheck heat index every 30 minutes while outdoor activities taking place until Heat Index less than 95.</p> <p>Consider reducing duration of outside activity to no more than 40 minutes at a time or rearranging schedule to allow outdoor activity during cooler periods of the day.</p> <p>Ideally there should be a source of shade.</p> <p>Remove helmet and other protective gear when not in play.</p> <p>Vans used for transporting youth off grounds must have working air conditioning.</p>	<p>See above and add:</p> <p>Youth with certain medical conditions that put them at risk for dehydration or heat related illness should NOW be excluded from outdoor sports (except swimming): this includes youth with sickle cell disease, pregnancy, insulin dependent diabetes, poorly controlled asthma or seizure disorder, cystic fibrosis, anorexia, heart disease, prior heat injury, recuperation from recent fever, illness, surgery, or giving birth, or youth not accustomed to heat or exercise. Obese or underweight youth, youth with sickle cell trait, and youth on certain medications may be more at risk for heat related illness.</p> <p>Staff with medical conditions or on medications that put them at risk for heat related illness and injury should consult with their doctor for ways to protect themselves as the heat index increases.</p>
Heat Index Over 100°F	<p>Stop all outside activity.</p> <p>Allow swimming for youth on-site if youth have sun screen, access at all times to drinking water or sport drinks and if youth are staying cool in the water rather than out of water in sun. Ideally area of shade should be provided.</p> <p>Reduce time or cancel indoor sports activity if air conditioning unavailable inside.</p> <p>Facility should have iced-down towels available.</p> <p>Vans used for transporting youth off grounds must have working air conditioning.</p>	<p>As heat index goes above 104, heat exhaustion is probable and possibility of heat stroke increases.</p>