

Special Olympics Kansas Heat and Lightning Policies

Purpose – Incorporation of the policies below will help ensure your athlete have the opportunity to train and compete safely in various weather situations. The Heat and Lightening Policies are in place to establish the conditions necessary to make the decision to **hold, postpone or cancel** an activity/event for the health and safety of the participants. To prevent heat related issues, refer to the attached Guidelines to Prevent Heat Illness.

Heat Policy

HEAT INDEX									
ENVIRONMENTAL TEMPERATURE									
	70°	75°	80°	85°	90°	95°	100°		
Relative Humidity	Apparent Temperature								
0%	64°	69°	73°	78°	83°	87°	91°		
10%	65°	70°	75°	80°	85°	90°	95°		
20%	66°	72°	77°	82°	87°	93°	99°		
30%	67°	73°	78°	84°	90°	96°	104°		
40%	68°	74°	79°	86°	93°	101°	110°		
50%	69°	75°	81°	88°	96°	107°	120°		
60%	70°	76°	82°	90°	100°	114°			
70%	70°	77°	85°	93°	106°	124°			
80%	71°	78°	86°	97°	113°				
90%	71°	79°	88°	102°	122°				
100%	72°	80°	91°	108°					
Modifications to SOKS Participation									
Based on the Heat Index									
APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED ACTIVITY								
90° - 102°	Modify event/activity; take water breaks every 15-20 minutes								
>103°	No practice or event/activity								
<p>Note: This Heat Index chart is designed to provide general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be remembered that heat illness can occur at lower temperatures than indicated on the chart. In addition, studies indicate that susceptibility to heat disorders tend to increase with age.</p>									

To check the weather in your locale, go to www.kssso.org home page and enter your zip code in the Heat Index icon.

Lightning Policy

1. If lightning is seen or thunder is heard, the storm is close enough to pose a risk of a lightning strike. Suspend play and take shelter immediately.
2. Once play has been suspended, wait at least 30 minutes from the last sound of thunder heard or lightning witnessed before resuming the activity.
3. Any subsequent thunder or lightning during the 30 minute waiting period resets the clock and a new 30 minute waiting period begin.

**ANYTIME LIGHTNING CAN BE SEEN OR THUNDER HEARD, RISK IS
PRESENT!**

December 14, 2011

HEAT ILLNESS SIGNS/SYMPTOMS & MANAGEMENT

Heat illness is a general term used to describe many different conditions that can result from physical activity in an environment of extreme heat and/or humidity. These conditions are a result of the body becoming dehydrated and/or losing the ability to cool itself. The signs and symptoms of heat illness do **NOT** necessarily run on a continuum. This means that a person could suffer from heat stroke without showing less severe heat illness conditions such as heat cramps. Please keep this in mind when evaluating the signs and symptoms of your athletes.

Heat Cramps – Signs and Symptoms

- ◊ Cramping that occurs in active muscles
- ◊ Cramping in the abdominals and legs most common

Heat Syncope – Signs and Symptoms

- ◊ Weakness
- ◊ Fatigue
- ◊ Fainting

Heat Exhaustion – Signs and Symptoms

- ◊ Rapid weight loss (water)
- ◊ Muscle cramps
- ◊ Nausea /vomiting
- ◊ Headache
- ◊ Reduced sweating (clammy skin)
- ◊ Dizziness / Fainting
- ◊ Fatigue or weakness

Heat Stroke – Signs and Symptoms

- ◊ No sweating
- ◊ Hot, dry skin
- ◊ Nausea /vomiting
- ◊ Seizures
- ◊ Disorientation
- ◊ Loss of consciousness

Heat Cramps – Management

- ◊ Rest in a cool place
- ◊ Gentle stretching and massage muscle
- ◊ Drink WATER
- ◊

Heat Syncope -Management:

- ◊ Lay athlete down in cool place
- ◊ Drink WATER
- ◊ Athlete is **NOT** allowed back to activity
- ◊ Should be seen by a physician

Heat Exhaustion -Management:

- ◊ Treat heat exhaustion as an *emergency*.
- ◊ Call for *emergency medical assistance* & move patient to shade/cool building.
- ◊ Remove clothing and immerse torso in ice/cold water.
- ◊ Place *ice bags* over pulse points (armpits, groin and neck)
- ◊ If conscious give WATER slowly

Heat Stroke -Management:

- ◊ Heat stroke is *life-threatening!*
- ◊ Call for *emergency medical assistance* & move patient to shade/cool building.
- ◊ Remove clothing and immerse torso in ice/cold water.
- ◊ Place *ice bags* over pulse points (armpits, groin and neck)
- ◊ Do **NOT** give WATER (*fluids*)!


HOW CAN I PREVENT HEAT ILLNESS IN MY ATHLETES?

Proper **HYDRATION** and **ACCLIMATIZATION** practices stand out as the two primary prevention methods for decreasing the risk of heat illness. The following are some basic principles to follow:

HYDRATION RECOMMENDATIONS & CONSIDERATIONS

Appropriate hydration before, during and after exercise is important for maintaining peak athletic performance. Fluid losses of as little as 2% of body weight (less than 4 pounds in a 200-pound athlete) can impair performance by increasing fatigue. This is important because it's common for some athletes to lose between 5-8 pounds of sweat during a game or intense practice. So it's easy for athletes to become dehydrated if they don't drink enough to replace what is lost in sweat.

- Recognize and respond to early warning signs of dehydration.
- **DRINK EARLY** and **DRINK OFTEN** during activity. Do not let athletes rely on thirst. Schedule frequent fluid breaks for re-hydrating. If athletes wait until they are thirsty it may be too late.
- Athletes should be weighed before and after warm weather practices. They need to drink appropriate amounts of fluid for the amount of weight lost. Also, use a urine color chart (see back page) to determine hydration levels before activity.
- Encourage **GOOD** hydration choices: **water, sport drinks with low sodium and carbohydrates, AVOID: soda, fruit juices, carbonated beverages, and caffeine.**
- Encourage drinking fluids, not pouring them. Dumping fluid over the head won't help restore body fluids or lower body temperature.
- Provide easily accessible fluids.

Before Exercise	Drink 16 oz of fluid before activity/exercise (2 hours) Drink another 7-10 oz of fluid 10-15 minutes before exercise
During Exercise	Drink 4 -16 oz of fluid every 15-20 minutes
After Exercise	Drink 24 oz of fluid for every (one) pound lost during exercise within 6 hours of stopping the activity. This is to achieve normal fluid state and not begin the next practice dehydrated.
Fluid counter	 <ul style="list-style-type: none"> 24 oz of fluid = 1 ½ of water bottle 16 oz of fluid = 1 full water bottle 7 oz of fluid = ½ full water bottle or 10 BIG gulps of water 4 oz of fluid = ¼ full water bottle or 5 BIG gulps of water

ACCLIMATIZATION RECOMMENDATIONS & CONSIDERATIONS

- The goal of the acclimatization period is to enhance the body's ability to exercise safely and effectively in warm to hot conditions.
- The heat acclimatization period is defined as the initial 14 consecutive days of preseason practice.
- Slowly increase practice intensity and duration over this time. Schedule practice in the morning or evening when the weather is coolest.
- Each individual practice should last no more than 3 hours. Any time spent warming-up, stretching, conditioning, weight lifting, and performing cool down activities are all considered part of the 3 hours.
- A walk-through does not need to be included as part of the 3 hours, provided no conditioning or weight lifting takes place. A walk-through should not last longer than 1 hour. A 3 hour recovery period should exist between a practice and a walk-through.
- Double practices in a single day should not begin until the 6th day of the acclimatization period.