

AHSAA Exertional Heat Illness Policy

Preparation

1. Emergency Action Plan (EAP)
2. Equipment
 - a. Cold immersion tub/Kiddie pool/large trash can: filled with water with ice nearby
 - b. Water supply
 - c. Ice: in ice-chests next to tub
 - d. Ice chest with towels: 6 total towels-3 in/3 out
 - e. Temperature measuring device
 - i. Wet Bulb Globe Thermometer (WBGT)
 - ii. Heat Index Chart
 - iii. Local weather information
 - f. Shaded Area: "cool zone"

Prevention

1. Acclimatization
 - a. Days 1-4: once daily practice not to exceed 3 hours
 - b. Day 5: can begin full pads
 - c. Day 5-14: two-a-day practices must be followed by single practice day or rest day
 - d. Two-a-day practices must be separated by minimal 3 hours in cool environment
 - e. Each practice session during two-a-days must not exceed 3 hours and total practice time cannot exceed 5 hours
2. Hydration
 - a. Weigh before and after each practice
 - b. Replace 16 ounces fluid for each pound of weight lost
 - c. Urine should be clear before practice and at night before sleep
 - d. Drink 8-10 ounces every 15-20 minutes of exercise
 - e. Fluids with carbohydrates and salt are best
 - f. Absolutely no energy drinks
3. Work-to-rest ratio
 - a. Use the Heat Index cards to adjust work
 - b. Adjust practice time to rest time based on heat stress:
40 minutes of practice to 10 minutes of rest
 - c. Rest should be in "cool zone" with equipment off
 - d. Adjust equipment requirements as heat stress increase
 - e. Cancel Practice in extreme conditions
4. Education
 - a. Familiarize with signs and symptoms of exertional heat illness
 - b. Mandatory educational course on exertional heat illness from NFHS

Treatment

1. Certified Athletic Trainer on site
2. Move to shaded "cool zone" if possible
3. Rectal temperature monitoring: inserted as soon as EHI suspected
4. Immerse in cold tub or kiddie pool ASAP
5. Use ice-water towels covering entire body and rotate new towels every 2-3 minutes if no tub available
6. "Cool first-Transport second" policy: do not remove athlete until rectal temp <102°F
7. Remove from cooling when rectal temperature <102°