

Team Heat Prevention Plan

Purpose: To educate and maintain a high level of safety awareness for our players and parent.

Scope: Heat prevention plan and training to reduce the chance of a heat related illness and/or injury for our entire team.

Responsibilities:

Head Coach – must ensure that the plan is implemented in its entirety through out the club. Ensure that the weather forecast is checked by the team and a plan of action is taken.

Assistant Head Coach – ensures that the plan is followed at every practice and that continuing education is implemented to the players and parents. Assist Head coach in the weekly/daily weather forecast.

Assistant Coach – ensure all players are complying with the plan and are safe at all times.

Parent Aide – is responsible for assisting in the monitoring of players while practice and games are being conducted and will assist any player to the Team Doc if player appears to be suffering from a heat related illness or needs to be treated prior to a heat related illness. Aide will work with coaching staff at all times.

Team Doc – (nurse, doctor, first-aid/emergency medical qualified) – in charge of rendering aid to heat casualty and assessing need for further medical attention. Is the only person who will make a decision if a player is able to return to practice/game (if Team Doc is not available the Head Coach will assume this responsibility). Heat Prevention Report will be filled out with all relevant information. Check if any players are on medication and have family doctor review effects in relation to hydration with player/parents. Have a thermometer on hand.

Player/Parent – follow the rules in the Plan at all times and listen to all responsible parties.

Pre-Planning for Heat Prevention –

- 1) Check the weekly forecast. Note the HEAT INDEX (not temperature) and document any stage 2 or above days and plan accordingly for them. Place this on the team website along with stage.
 - a. If the HEAT INDEX is not available then use the chart below to determine the heat index.

Temperature (F)

RH (%)	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
90	119	123	128	132	137	141	146	152	157	163	168	174	180	186	193	199
85	115	119	123	127	132	136	141	145	150	155	161	166	172	178	184	190
80	112	115	119	123	127	131	135	140	144	149	154	159	164	169	175	180
75	109	112	115	119	122	126	130	134	138	143	147	152	156	161	166	171
70	106	109	112	115	118	122	125	129	133	137	141	145	149	154	158	163
65	103	106	108	111	114	117	121	124	127	131	135	139	143	147	151	155
60	100	103	105	108	111	114	116	120	123	126	129	133	136	140	144	148
55	98	100	103	105	107	110	113	115	118	121	124	127	131	134	137	141
50	96	98	100	102	104	107	109	112	114	117	119	122	125	128	131	135
45	94	96	98	100	102	104	106	108	110	113	115	118	120	123	126	129
40	92	94	96	97	99	101	103	105	107	109	111	113	116	118	121	123
35	91	92	94	95	97	98	100	102	104	106	107	109	112	114	116	118
30	89	90	92	93	95	96	98	99	101	102	104	106	108	111	112	114

****Exposure to full sunshine will increase these values by up to 15° F**

Recommendations:

Extreme Danger

Wear light clothing

Danger

Drink fluids, particularly water, sports drinks, and juices, often

Extreme Caution

Take it easy - don't over exert yourself

Team Rules

- 1) All players will drink water through out the week and should consume at least two liters of water every 24 hours. They should also decrease or cease any intake of caffeine (sodas) as it leads to dehydration. They should also drink sports drinks (GATORADE/POWERADE) to replenish electrolytes in the body.
 - a. Hydration Plan – 16oz (about .5 liters) of water in the morning when you get up, drink 16oz of water after breakfast or when you leave the house, drink 16 oz of water after lunch (within the hour), 16oz of water prior to dinner (about two liters). This is a minimum and adding 16oz of water after dinner and prior to bed will increase your hydration.
 - b. Parents should ensure that they child is properly hydrated.
- 2) All players will drink 16oz of additional water/sports drink prior to coming to practice (at least one hour).
- 3) All players will bring a 48oz water jug (or bigger) to practice. This is mandatory and if forgotten you will be sent home. If sent home for lack of equipment your game/scrimmage time/position on the team is in jeopardy; no exceptions.
- 4) You will have your water jug in a designated area at all times (more then likely this will be near the drill area). Through out practice when you are not directly involved in a drill or standing in line and not the next person up you will drink water as often as possible.
- 5) Any break the first thing you will do is drink water at least 4ozs.
- 6) Upon arriving at home from practice or a game you will drink 16oz of water/sports drink. This is above and beyond the normal hydration plan.
- 7) Prior to season starting (at least a month) you should go outside during the normal practice hours (or during the hottest part of the day) and exercise/play to acclimatize yourself to the heat. This is very important and if you are one of those indoor kids you need to start with 30 minutes for a week and then go to one hour and build up to two hours. You must prepare your body to handle the additional heat load it will face before you start coming to football practice.
- 8) Get in the habit of covering any exposed parts of your body with sunscreen prior to coming to practice or a game. Sun burns increase the rate of dehydration and increase the likelihood of a heat related illness.
- 9) If you feel dizzy or sick during any point in practice tell a coach, parent aide, or team doc. Take your helmet off and take a knee and put your hand up if you can't talk.

10) It is your responsibility to hydrate yourself and it is the coaches' job to ensure that you follow these rules. If any coach, parent-aide, or team doc feels that you are not properly hydrated you will be told to take a knee in the designated area and drink water or go home.

Coaching Staff

- 1) Bug sprayer (3 to 5 gallons) with ice water in it. Used to spray kids down at the back of the neck, arm pits, groin, and face to cool body down.
- 2) Ice Chest with ice and 10 to 20 hand towels. These will be used to apply to the neck, head, and face of players that wish to use them.
- 3) Covered area designated (Covered Basketball Court at practice field) and fly tents/awnings at games (two put together).
- 4) Two to four 32oz Gatorade bottles in ice chest for HEAT CRAMPS only.
- 5) Two to four ICE PACKS in ice chest (Can be home made by using 50/50 solution of ice and rubbing alcohol and deep freeze them).
- 6) Cell Phone and contact numbers for parents.

HEAT STAGES

Stage 1 – (normal weather) below 89 degrees (remember to add 15 degrees if in full sun)

Pre-season/camps – helmet and shorts

First week (no pre-season/camps) – helmet and shorts

First week (w/ pre-season/camps) – helmet/shoulder pads/shorts

Normal – full pads.

Drink water through out practice, during breaks and use cooling devices to keep cool.

Stage 2 – (extreme caution) 90 to 104 (see chart for specifics).

As above but limit sessions to 10 minutes or less

Mandatory water breaks.

Use cooling devices if needed.

Coaches and Aides check every player for heat illness related signs through out practice

Take off helmet during DFW's and non-football specific drills

Pre-season/camps – helmet and shorts.

First week (no pre-season/camps) – helmet and shorts.

First week (w/ pre-season/camps) – helmet/shoulder pads/shorts

2nd week and on – full pads.

Stage 3 – (Danger) – 104 to 130 degrees (see chart for specifics)

Pre-season/camps – shorts/t-shirt

First week (no pre-season/camps) – shorts/t-shirt

First week (w/ pre-season/camps) – helmet/shorts

2nd week and on – helmet/shoulder pads/shorts

Follow Stage 2 guidelines

Consider having practice indoors or in a covered area.

Considering doing chalk talks/walk through/game film sessions

Mandatory Cool Downs with cooling devices and water breaks and the use of covered areas to cool down (conduct some training under cover).

Mandatory intake of water prior to start of practice – must bring one 20oz or more bottle of water/sports drink and coaches will have all players drink the fluids prior to practice.

Texas Brahmas Football Club – Heat Prevention Plan

Reference source - MARINE CORPS ORDER 6200.1E W/CH 1

www.gregorydoublewing.com

Stage 4 (Extreme danger) – 131 to 199 degrees

INDOOR PRACTICES ONLY – NO PRACTICE TO BE CONDUCTED AT ALL

Plan for Video Sessions, Chalk Talks, Walk Through.

If weather is forecasted in advance make plans for indoor facility at Centennial HS or Recreation Department. Email Players to wear standard athletic shoes vice cleats. Helmets and Shoulder pads only.

Symptoms of Heat Illness

Heat illnesses are a spectrum of disorders that range from the very mild heat rash and heat cramps to the serious heat exhaustion and life-threatening heat stroke.

Be alert to the symptoms of heat exhaustion and heat stroke.

Heat Cramps

Heat cramps are painful cramps of muscles, usually in the stomach, legs, and/or arms. They are caused by loss of electrolytes in the body due to excessive sweating. Heat cramps may occur without the individual feeling thirsty. See table 1-1 of this enclosure for signs and symptoms and first aid measures.

Heat Exhaustion

Peripheral vascular collapse due to excessive water and salt depletion in the body. Symptoms include profuse sweating, headache, weakness, pallor, nausea, vomiting, mild dyspnea (shortness of breath), and palpitations. The casualty may become faint and lose consciousness. The blood pressure may be low, the body temperature may be elevated or normal, heart beat rate may be high, and the pupils may be dilated. It can occur in an otherwise fit individual involved in PT or any hot weather activity especially if the person is not acclimatized to that environment.

Heat stroke (MEDICAL EMERGENCY CALL 911!!!!)

This is a medical emergency that may result in death if care is delayed. It is typically defined as a core temperature greater than 105 degrees Fahrenheit or any change in mental status of an affected individual with any elevated core temperature. It is caused by a failure of the body's ability to maintain optimum core body temperature (cool itself). It occurs more rapidly in personnel who are engaged in activities in a high heat environment than those not physically engaged. If ice packs are available, use them. Put them in arms, armpits, and neck. Heat stroke requires immediate evacuation to a higher level of care.

Signs/Symptoms	First Aid
<p>Heat Cramps; Muscle cramps in the arms, legs, and/or stomach and excessive sweating.</p>	<ol style="list-style-type: none"> 1. Move player to a cool shady area. Under cover or inside a car with AC. 2. Monitor the player and give a sports drink and water as tolerated. Should slowly drink at least 16oz of fluid.
<p>Heat Exhaustion; Heavy sweating with pale, moist, cool skin; headache, weakness, dizziness, and/or loss of appetite, heat cramps, nausea (with or without vomiting), chills (gooseflesh), rapid breathing, change of mental status, confusion, and tingling of the arms and/or feet. Core temp is 104 degrees or less.</p>	<ol style="list-style-type: none"> 1. Move player to a cool shady area. Under cover or inside a car with AC. Remove equipment (helmet and shoulder pads) and loosen clothing. 2. Monitor the player and give a sports drink and water as tolerated. Should slowly drink at least 16oz of fluid. 3. Spray or pour water on the individual (use bug sprayer) and fan to cause cooling effect. 4. Urgent medical evaluation is needed. Especially if mental status is changed. Ask a battery of questions slowly: name, age, school, parent's name. If player is slow to respond or unresponsive medical attention is needed. 5. Ice packs on the back of neck, arm pits, and under knees will help to cool.
<p>Heat Stroke: The individual stops sweating (hot, dry skin). They first may experience headache, dizziness, nausea, fast pulse and respiration, seizures and mental confusion. They may collapse and suddenly become unconscious. Core temp is greater the 104 degrees and typically around 108 degrees and may be as low as 102 degrees. MEDICAL EMERGENCY!!!</p>	<ol style="list-style-type: none"> 1. Heat stroke is life-threatening medical emergency. Respond quickly! 2. Move player to a cool shady area. Under cover or inside a car with AC. 3. Start cooling player immediately by removing all equipment to include pants. Pour or spray water on them and get ice packs/towels behind neck, arm pits, under knees, groin, and around body. 4. Elevate legs with helmet. 5. If conscious, individual should slowly drink at least 1 cup (8oz) of cool water every 20 minutes. Do not force water if abdominal discomfort occurs. <p>CONTINUE COOLING WHILE AMBULANCE IS IN ROUTE. MONITOR CLOSELY. CONTACT PARENTS.</p>

Controls to Heat Prevention

1. Pre training and documentation of training prior to pre-season/camps.
 - Pre-season team meeting heat prevention and hydration will be discussed. All parents and players will sign a document (see appendix) stating they have been informed of this document and it was thoroughly reviewed with them and they fully understand all items within it.
 - Prior to any training during warm ups review heat prevention and hydration.
2. Ensure all players are acclimatized to the environment prior to the start of season.
3. Ensure water consumption is a continuous process (prior to, during, and after the season/practice/games).
4. Do not allow a player to continue practicing or play when they stop sweating. Call medical personnel immediately. They will obtain the individual's core body temperature with a thermometer.
5. Reduce physical demands of player during high heat temperatures.
6. In heat stress conditions, schedule intermittent rest periods with water breaks.
7. Large volumes of relatively clear urine indicate proper hydration. Small volumes and/or dark urine indicate dehydration and the need to drink more fluids. The aim is to produce relatively clear to light yellow urine. If the individual urinates once daily and/or produces darker urine, they may be severely dehydrated, and may need to start drinking water immediately. Be aware that some foods, vitamins, prescriptions, and over-the-counter drugs may alter urine color or have a diuretic effect.
8. Whenever feasible, wear loose clothing. Loose clothing allows free air circulation to promote cooling effect on the body. Avoid wearing tight fitted clothing. Use sun-blocking lotions with appropriate sun protection factor of 30 or more.
9. Provide protective shelters and recovery areas that reduce solar exposure such as shades, air-conditioned enclosures and rooms, where feasible.
10. Caution. Do not overhydrate. Drinking too much water (overhydrating) may be dangerous. Since the stomach can empty water to the intestines (the site of its absorption) at a maximum rate of approximately 1.2 liters per hour it is of no value to drink more than this amount per hour.

Heat Prevention and Hydration Training

Date Performed:	Team:
Coach:	Event:

Your signature below confirms that you were fully briefed by the coaching staff on HEAT PREVENTION and HYDRATION and the importance of it to the safety of your child while practicing and playing football. It also confirms that you and your child will follow all rules and regulations set forth in the Heat Prevention Plan.

Name of Player	Parent Name	Parent Signature	Date

Heat Incident Report

Name:	Age:	Date:
Parent Name:	Location:	Time:

Heat Incident: Type (heat cramps, exhaustion, stroke). Symptoms noted:	Team Actions: Note actions taken.
Was 911 called: YES/NO	Was player taken to hospital: YES/NO
Was Parent Contacted: YES/NO List contact number:	If taken to hospital, who went with the player:
Notified Team Insurance: YES/NO	Get Copy of Hospital Report: YES/NO
Temp Reading:	Amount of Water Given:

Heat Index:	Stage:
Senior Coach on the Field:	Team Doc:

Notes of Event

Follow up with Parent/Player: YES/NO	Player Restricted from Practice: YES/NO
Review HEAT PREVENTION PLAN: YES/NO	Time Period of restriction:

Notes from Follow up:

Signature of Head Coach:	Signature of Parent:
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