

GUSD Health Services

GUIDELINES FOR PREVENTING HEAT STRESS

HEAT STRESS is the overall effect of excessive heat on the body.

The effects of heat on the body depend on several factors, including:

- Air temperature/humidity
- Air pollution (smog)
- Air circulation
- Age of person
- Health conditions/Medication use
- Access to water (hydration)

Weather Conditions for Modifying Activities or School Day

For the latest weather conditions, check the National Weather Bureau at 213-554-1212, or Internet sites, such as www.weather.com.

Temp (F°)	Possible Effects	If Humidity < 50%...	If Humidity > 50%...
<82°	No effect	Regular school day & physical activity level	Regular school day and physical activity level
82°-92°	Some after long exposure	Regular school day Physical Activity -- (if near 50% humidity) limit intensity or modify activity; monitor	Regular school day Physical Activity – limit intensity or modify activity; monitor closely; drinking water available
92°-95°	Early heat stress and cramps; exhaustion after long exposure	Regular school day Physical Activity – limit duration and intensity or modify activity; monitor closely; no activity for those with chronic health conditions; encourage drinking water throughout the day	Regular school day Physical Activity – limit duration and intensity & modify activity; no activity for those with chronic health conditions; encourage drinking water throughout the day
95°-100°	Early heat stress and cramps; exhaustion after long exposure	<u>ADMINISTRATIVE OVERSIGHT</u> Regular school day Physical Activity – limit duration and intensity or modify activity; monitor closely; no activity for those with chronic health conditions; drinking water required	<u>ADMINISTRATIVE OVERSIGHT</u> Regular school day Physical Activity – limit duration and intensity and modify activity; no activity for those with chronic health conditions; drinking water required
>100°	Heat exhaustion or stroke	<u>ADMINISTRATIVE OVERSIGHT</u> Consider schedule change Physical Activity – prohibit intense activity; monitor closely; no outside activity	<u>ADMINISTRATIVE OVERSIGHT</u> Consider schedule change Prohibit physical activity outdoors; indoor activity with air conditioning is okay

Heat Stress Signs, Symptoms and First Aid

Heat Disorder	Signs and Symptoms	First Aid
Heat Stress (Early) <ul style="list-style-type: none"> • Normal body temp 	Fatigue, lethargy, sweating, headache, nausea, heat rash.	<ul style="list-style-type: none"> • Person to sit and rest in cool place; hydrate; check temp; monitor.
Heat Cramps	Muscle spasms in heat cramps.	<ul style="list-style-type: none"> • Replacement fluids and massage (in addition to above)
Heat Exhaustion <ul style="list-style-type: none"> • Normal or slightly elevated body temp 	Extreme weakness, sweaty/clammy skin, nausea, vomiting, fainting	<ul style="list-style-type: none"> • Obtain medical care – notify nurse, administrator and parent. Person to lie down in cool place; hydrate if conscious. Call 911, if needed
Heat Stroke <ul style="list-style-type: none"> • Elevated body temp, >103° 	Mental confusion, no sweating, vomiting, seizures, unconscious	<ul style="list-style-type: none"> • Call 911 and obtain immediate medical attention (in addition to above)

Glendale Unified School District

Guidelines for Specific Courses, Sports and Activities To Avoid Heat Stress

Administrative Oversight: Monitor heat levels and inform teachers and coaches. Health Services has a mounted digital thermometer for reference.

Everyone: Encourage students to wear hats and sunscreen.

Temp (F°)	Secondary Physical Education and Elementary Game Day	Marching Band	Athletics
<82°	Normal activities	Normal activities	Normal activities
82°-92°	Prepare to modify activities.	Prepare to modify activities.	Prepare to modify activities.
92°-95°	<ul style="list-style-type: none"> • Get hydrated before going outside. • Provide water near the athletic areas and allow frequent water breaks. • Provide shade: pop-ups, etc. • Modify activities: walk vs. run. • Accommodate individual student needs: Rx sensitivity, move at-risk students inside. 	Hydrate all day.	Hydrate all day.
95°-100°	<ul style="list-style-type: none"> • Use indoor PE facilities. • Develop and implement PE activities and skills that can be taught in a classroom. 	<ul style="list-style-type: none"> • Allow free access to water and provide frequent breaks with shade. • Modify practice schedule: reduce outdoor practice time, include indoor practice activities. • Modify procedures: wear shade hats, practice without instruments or uniforms. • Consult with administration regarding scheduled competitions. 	<ul style="list-style-type: none"> • Allow free access to water and provide frequent breaks with shade. • Modify practice schedule: reduce outdoor practice time, include indoor practice activities. • Modify procedures: less gear, shorter periods of exertion, less mileage, less intensity. • Trainers on the field. • Consult with administration regarding scheduled competitions.
>100°	Same as above	Consult with administration	Consult with administration

Guidelines developed in collaboration with high school administration, athletic staff, Health Services and District administration