

LFHS HEAT GUIDELINES

WBGT measured on-site (preferred) or Heat Index (“Feels Like”) obtained at weather.com

	Yellow	Orange	Red	Black
WBGT (preferred)	80-84.5	84.6-87.5	87.6-89.9	90>
HEAT INDEX	84-95	96-99	100-104	>104
Provide ample amounts of water	●	●	●	
10 min optional water breaks every 30 min	●	●	●	
Ice-down towels for cooling	●	●	●	
Watch/monitor athletes carefully for necessary action	●	●	●	
Provide cooling stations w/ shade, ice towels, cooling tubs, fans, etc.	●	●	●	
Helmets and other equipment removed when not involved in contact	●	●	●	
Re-check heat index/ WBGT every 30 min	●	●	●	
For Equipment Intensive Sports: players are <u>restricted</u> to helmet, shoulder pads, and shorts during practice		●		
No conditioning activities, and no protective equipment may be worn during practice			●	
Reduce practice time of outdoor activity, and indoor activity if no A/C		<2 Hrs.	<1 Hr.	
NO OUTDOOR ACTIVITIES				●

***Note no new contest may start in the orange or red. Contests may conclude if the temperature moves to orange mid-game with the required breaks provided.**

Heat Disorder/ Symptoms/ First Aid

Heat Cramps: Symptoms: Painful spasms usually in muscles of legs and abdomen. Heavy Sweating
First Aid: Move to cooler place If no other injuries water or Gatorade every 15 min for an hour. Stretch involved muscles.

Heat Exhaustion: Symptoms: Heavy sweating, weakness, fainting, vomiting, skin cold, pale, and clammy. Thready pulse, normal temp
First Aid: Move to cooler place, lie on back with feet elevated, remove or loosen clothing, cool by fanning, coldpacks, or wet towels. Water or Gatorade as tolerated

Heat Stroke: Symptoms: Body Temp greater than 105 or hot dry skin, rapid strong pulse, confusion, poss. Loss of consciousness.
First Aid: CALL 911. Cool the victim immediately. Removing excess clothing and equipment and immerse in cold bath (preferred) or with ice towels and ice bags. Nothing by mouth

Adapted from Vanderbilt University Medical Center and IHSA Managing Heat and Heat Illness; 8/21/2023

LFHS COLD EXPOSURE GUIDELINES

Wind Chill (“Feels Like”) is easily obtained online from weather.com, accuweather, etc.

Temp or Wind Chill Restriction

Feels Like Temperatures	Practice Time
32–25 Dry	No Restrictions
32–25 Wet	1.5 Hours
25–15 Dry	1.5 Hours
25–15 Wet	45 Minutes
15–0 Dry	45 Minutes
15–0 Wet	No Outdoor Activity

***Note in active rain or snowfall all practice times are shortened**

Cold Disorder / Symptoms / First Aid

Prevention: Dress appropriately for weather in multiple layers. Maintain adequate fluid intake (you need as much water as you do in moderate temperatures but may not be thirsty). Keep moving to maintain body heat production. If possible, change wet shirts, socks at breaks.

Frostbite: Frostbite is the destruction of body tissues due to freezing which occurs at temperatures 32°F and below.

Symptoms: Lack of feeling in affected area. Waxy appearance to skin. Skin is cold to the touch, possibly discolored. Tissue beneath skin may feel hard, like frozen meat.

First Aid: Handle the affected area gently; never massage/rub the area. Move the athlete into a warm area. Soak the affected area in warm water (comfortable to the touch). Keep affected area immersed in the water until it flushes and feels warm. Separate toes/fingers with gauze pads or cotton balls after removal from water. Do not break any blisters. Refer athlete to emergency room.

Hypothermia: A medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature.

Symptoms: Decreased body temperature. Mental confusion. Decreased muscular control and balance. Mild shivering may progress to violent, then occurs in waves. Irrational behavior (for example, the person may begin undressing and is unaware of being cold).

Treatment: Call 9-1-1. Move the athlete into a warm area. Remove wet clothing and dry the athlete. Warm the athlete slowly by wrapping in blankets or putting on dry clothes.

Adapted from the NATA, NCAA, and Lehigh University Sports Medicine 2/1/20

