MASCOUTAH LITTE INDIANS YOUTH FOOTBALL PROGRAM

HEAT PREVENTION

Plan

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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 throughout the team. Ensure that the team checks the weather forecast 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 a coach 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.

Head Coach or designated representative is in charge of rendering aid to heat casualty and assessing need for further medical attention. The Head Coach is the only person who will make a decision if a player is able to return to practice/game. 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.

Team Rules

1) All players will drink water throughout 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
        i. 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 their 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.

4) You will have your water jug in a designated area at all times (more than likely this will be near the drill area). Throughout 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. Sunburns 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,

10) It is your responsibility to hydrate yourself and it is the coaches' job to ensure that you follow these rules. If any coach or parent-aide 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. Use to spray kids down at the back of the neck, arm puts, 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) Designate a covered area.

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 Conditions) Heat Index less than 90 degrees

Action:

1. Normal Practice – full pads.
2. Drink water throughout practice with breaks at 20 – 25 minutes.

Stage 2 – (Caution) 90 to 104

Action:

1. As above but limit sessions to 15 minutes or less
2. Mandatory water breaks at 15 minutes.
3. Use cooling devices if needed.
4. Coaches and Aides check every player for heat illness related signs throughout practice
5. Take off helmet during breaks and non-football specific drills

Stage 3 – (Danger) – 105 to 110 degrees.

Action Plan:

1. Move to a covered area.
2. No pads or helmets – limited cloth.
3. No contact.
4. Walk-throughs Only.
5. Water breaks every 10 minutes.
6. Using cooling devices.
7. Coaches and Aides check every player for heat illness related signs throughout practice.
8. No water – No practice.

Stage 4 (Extreme Caution) – 111 to 120 degrees

Action:

1. Delay the start of practice until 7 pm CST.
2. Follow Stage 3.
3. Check Heat Index and adjust action plan accordingly.

Stage 5 (Extreme Danger) – 120+ degrees CANCEL PRACTICE!!!!

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
Heat Cramps; Muscle cramps in the arms, legs, stomach and excessive sweating.	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.
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.	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
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!!!**	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

Controls to Heat Prevention

1. Pre-training and documentation of training prior to start of practice.

   · Pre-season team meeting on 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.