



# Heat Policy

## Heat Policy:

- **California Law Requiring Training in Heat Illness for Coaches**

- ▲ **California Assembly Bill 2800 (AB 2800)** mandates heat illness training for all high school coaches as a part of the California High School Coaching Education and Training Program. This legislation aims to address the risks associated with heat-related illnesses during athletic activities, particularly in high-intensity and long-duration sports practices.

- Heat illness is a significant health risk for student-athletes, especially during intense and repeated same-day practices, often in hot weather.
- Statistics show a concerning number of deaths due to exertional heat stroke among high school football players nationwide, highlighting the need for such preventive measures.
- **Training Requirement:**
  - All high school coaches must be trained to identify and respond to symptoms of heat illness.
  - The training can be fulfilled through various methods including CIF coach training certification, free online courses, or site specific education.
- **Educational Content:**
  - The training curriculum includes a basic understanding of the signs and symptoms of heat illness, as well as appropriate responses.
  - Topics covered in the training also include coaching philosophies, sports psychology and physiology, CPR and first aid certification, and concussion awareness.
- Implementation:**
  - This requirement is enforced by the California Interscholastic Federation (CIF), which mandates training for any coach approved by their local school board or board of directors to have contact with students.
  - Completion of required coaches training will be at least 24 hours before the first day of athletic season.

### **Heat Acclimatization Protocols:**

- Gradual increase in duration and intensity of exercise over a period of 7-14 days to help athletes acclimatize to heat.
- Initial practices should be shorter and less intense with longer recovery periods.
- Avoid full gear in the initial days; gradually introduce full uniform and equipment.

- Rest and Recovery:**

- Emphasize the importance of rest periods during practices to allow for body cooling.
- Ensure athletes have adequate rest between practice sessions, especially during the initial acclimatization period.
- Clothing and Equipment Adjustments:**
  - Use lightweight, moisture-wicking clothing to help regulate body temperature.
  - Encourage the removal of unnecessary gear during breaks to help cool the body.
- Emergency Action Plan (EAP):**
  - Develop and implement an EAP specific to heat illness.
  - Ensure all staff are trained on the EAP and conduct regular drills.
  - Have immediate access to cooling supplies (ice packs, cold water immersion tubs).
- Recognizing Signs and Symptoms of Heat Illness:**
  - Educate coaches, athletes, parents and support staff on the signs and symptoms of heat cramps, heat exhaustion, and heat stroke.
  - Implement immediate action plans for recognizing and treating heat illness.
  - Ensure that medical assistance is readily available during practices and competitions.
- Environmental Monitoring:**
  - Use Wet Bulb Globe Temperature (WBGT) or other reliable methods to monitor environmental conditions.
  - Modify or cancel activities when environmental conditions pose a significant risk of heat illness.
  - Schedule practices during cooler parts of the day (early morning or late evening).
- Hydration Strategies:**
  - Encourage regular fluid intake before, during, and after exercise.
  - Provide easy access to water or sports drinks during practices and games.
  - Educate athletes and coaches on the importance of hydration and recognizing signs of dehydration.

## Heat Stroke Prevention

- **Hydration and Cooling**
  - Implement policies for regular hydration breaks and access to cooling stations.
  - Ensure ice packs and cold water are available during practices and games.
- **Hydration and Cooling**
  - Ensure ice and cold water are available during practices and games.
  - Cold Water Immersion Tub located under tent in the dirt area just inside the gate, across from track & fields storage container

- **Monitor Environmental Conditions:**

- Use reliable weather apps and WBGT (Wet Bulb Globe Temperature) monitoring to assess heat risk.
- Modify or cancel activities based on heat risk assessments.

- **Education:**

- Train coaches and athletes on recognizing signs and symptoms of heat-related illnesses.
- Emphasize the importance of acclimatization and gradual increase in activity intensity.