

CLOVIS UNIFIED SCHOOL DISTRICT'S GUIDE TO
PREVENTION OF HEAT EXHAUSTION/HEAT STROKE
OF CUSD STUDENTS AND ATHLETES

- How does CUSD plan to prevent heatstroke?
 - **Heatstroke may result in death or serious brain or other organ damage.** To prevent heatstroke, it will be the responsibility of the coach/program supervisor to follow the guidelines/procedures identified below.
- How does CUSD identify Heat Stress Risk?
 - CUSD uses a Psychrometer that calculates the temperature and the Relative Humidity to determine the Apparent Temperature.
- Who is responsible for the calculations to determine the Apparent Temperature?
 - At the high schools, the Athletic Trainer will identify the Apparent Temperature each day 30 minutes prior to a practice.
 - At the intermediate schools the Athletic Director will identify the Apparent Temperature each day 30 minutes prior to a practice.
- How will coaches/program supervisors and athletes be notified of the Apparent Temperature?
 - The results of the reading will be posted in a convenient location for coaches and supervisors of co-curricular activities to view.
- Does the coach/program supervisor have any discretion in modifying the following guidelines?
 - Coaches, program supervisors and directors have discretion to increase the number of water breaks and to extend water breaks beyond the time limits listed. But they are not permitted to decrease water breaks or time limits.
- Daily Weigh In
 - Daily weigh in before and after practice will determine if an athlete's weight loss is within the safe zone when the Apparent Temperature is 90° - 104° or above. This will tell the athlete how much water he/she should consume during a work out. For example, suppose an athlete loses 2 pounds during a two-hour workout. Two pounds is equivalent to 32 ounces of water. The athlete should plan to replace about 32 ounces of water during this workout. This can be accomplished by consuming 4 ounces every fifteen minutes.

Guidelines/Procedures

Apparent Temperature	Heat Stress Risk with Physical Activity and/or Prolonged Exposure
80° – 89°	<ul style="list-style-type: none"> • Water break every 30 minutes • Have water located near practice area and convenient to drink <p><i>Heat Cramps or Heat Exhaustion Possible</i></p>
90° – 104°	<p><u>Light Activity (ex. Football walk through)</u></p> <ul style="list-style-type: none"> • Have water located near the practice area and available for athletes as needed • Water breaks every 15 minutes • Break lasting 5 minutes. Remove helmet and allow to cool • Coaches, supervisors and directors will check each player for signs and symptoms of Heat Exhaustion/Heatstroke <p><u>Strenuous Activity</u></p> <ul style="list-style-type: none"> • Have water located near practice area and available as needed • Water breaks every 10 minutes. Breaks lasting 5 minutes • Remove helmet and allow to cool • Coaches, supervisors and directors will check each player for signs and symptoms of Heat Exhaustion/Heatstroke <p><i>Possible Cramps or Heat Exhaustion</i></p>
105° – 114°	<p><u>Limited Activity</u></p> <ul style="list-style-type: none"> • Uniform for practice should be appropriate for the Apparent Temperature of the day • Have water available as needed • Water breaks every 10 minutes. Breaks lasting 10 minutes • Coaches, supervisors and directors will remove helmet and check for symptoms of Heat Exhaustion/Heat Stroke • Provide a shade area • Move practice, if possible, to a cooler time <p><i>Cramps or Heat Exhaustion Likely / Heatstroke Possible</i></p>
115° and up	<ul style="list-style-type: none"> • All practices will be conducted before 11:00AM or after 7:00PM <p><i>Heatstroke Highly Likely</i></p>

