

FORSYTH COUNTY PARKS AND RECREATION DEPARTMENT
 EXTREME HEAT POLICY
 As of 8-15-07

The Forsyth County Parks and Recreation Department will mirror the Forsyth County Board of Education’s Extreme Weather Conditions Policy.

The FCPRD will use psychrometers to monitor the Wet Bulb Temperature on extremely hot days prior to and/or during any scheduled outdoor activity. Using the chart below, the FCPRD staff will consult the psychrometer readings and will take one or more of the following actions:

1. Proceed with scheduled outdoor activity.
2. Delay the start of scheduled outdoor activity
3. Shorten the length/duration of the scheduled activity
4. Modify the “normal” activity.
5. Cancel the scheduled activity.

The NATA Fluid Guidelines, the Heat Affliction/Symptoms Treatment, and the Wet Bulb Temperature Chart copied below, will be made available to all FCPRD Staff, Instructors, and Volunteers.

NATA FLUID REPLACEMENT GUIDELINES DURING EXERCISE

1. Drink 16-24oz. of fluid 1 or 2 hours before the workout or competition.
2. Drink 4-8oz. of water or sports drink during every 20 minutes of exercise.
3. Drink before thirst develops. Thirst indicates that needed fluids are already lost.

<u>Heat Affliction</u>	<u>Symptoms</u>	<u>Treatment</u>
<u>Heat Cramps</u> -	Muscle spasms caused by an imbalance of water and electrolytes in muscles, usually affects the legs and abdominal muscles.	1) Rest in a cool place 2) Drink plenty of fluids 3) Proper stretching & massaging 4) Application of ice in some cases
<u>Heat Exhaustion</u> -	Can be a precursor to heat stroke Normal to high temperature Heavy sweating Skin is flushed or cool and pale Rapid pulse, nausea, weakness Physical collapse may occur Can occur without prior symptoms such as cramps	1) Get to a cool place immediately 2) Drink plenty of fluids 3) Remove excess clothing 4) In some cases, immerse body in cool water
<u>Heat Stroke</u> -	Body’s cooling shuts down Increased core temperature of 104 F or greater If untreated, can cause brain damage, internal organ damage, and death Sweating stops Shallow breathing and rapid pulse Possible disorientation or lose consciousness Possible irregular heartbeat and cardiac arrest	1) Call 911 immediately 2) Cool bath with ice packs near large arteries, such as neck, armpits, groin 3) Participant(s) who has experienced a heat stroke must be cleared by a physician before returning to activity

WET BULB TEMPERATURE CHART

The different stages will be numbered as levels 1-7. These are guidelines for outdoor practice.

RISK LEVEL	FAHRENHEIT WBT	CELSIUS WBT	PRACTICE LENGTH	BREAKS	FLUIDS
1 Very Low Risk	59° and Lower	15° and Lower	Reasonable	As Needed	As Desired
2 Low Risk	60°-64°	16°-17°	Reasonable	-5 Minute Break Every 30 Minutes	Cold Water
3 Moderate Risk	65°-72°	18°-22°	Use Caution	-5 Minute Break Every 20-30 Minutes	Cold Water
4 High Risk	73°-75°	23°-24°	Use Caution	-Remove Helmet -5 Minute Break Every 20 Minutes	Cold Water
5 High Risk	76°-78°	24°-25°	Use Extreme Caution	-Remove Helmet -5 Minute Break Every 15-20 Minutes	Cold Water
6 Very High Risk	79°-81°	26°-27°	Practice Time Should Be Shortened With Low Intensity	-Remove Helmet -5 Minute Break Every 10-15 Minutes	Cold Water
7 Extremely High Risk	82° and Higher	28° and Higher	NO PRACTICE	NO PRACTICE	Normal

