

The Prince George's County Boys and Girls Club

Heat Advisory And Hot Weather Conditions

PURPOSE:

To establish guidelines for when the outdoor temperatures are unhealthy and place individuals at risk of exposure to heat related illnesses or conditions.

GUIDELINES:

When the heat index is 100 degrees Fahrenheit or the temperature is above 90 degrees Fahrenheit and the humidity is above 60%, all Coaches and Football Commissioners of the Prince George's County Boys and Girls Clubs will take precautions to ensure that individuals are not placed at risk for heat related illnesses or conditions.

If the temperature is 90 degrees Fahrenheit or above and the humidity is 60% or above, the commissioner or designated club representative shall issue a heat advisory until the temperature/humidity drops below 90 degrees Fahrenheit/60% humidity (Heat Index of 100 degrees Fahrenheit).

During a heat advisory, head coaches and members of the coaching staff should implement the following heat precautions:

Avoid heavy physical exertion during outdoor practices and, if possible, provide coaching instructions either indoors or in an area with less severe conditions.

Coaching staff should stop all activities to allow individuals to drink water every half hour (at least 3 ounces of water per hour) or more frequently.

EMERGENCY FIRST-AID:

When the heat index is high, several illnesses such as heat stroke, heat cramps, or heat exhaustion are possible with physical activity or prolonged exposure. The heat may overcome the body's ability to regulate internal body temperature at a safe level. Some signs of heat illness include nausea, weakness, fainting, and pale clammy skin. A warning signal before heat illness occurs may be red dry skin. Prompt action can prevent the most serious heat illness or heat stroke, which is fatal 50% of the time. Team staff will immediately initiate emergency first aid procedures, which include:

Providing First Aid for Heat Illness – stop activity, improve air circulation with a fan or air conditioner and sponge the body with cool water. A conscious person should be given sips of cold water or sports drink. Water is the best for rehydration; soft drinks and juice should be avoided, especially fruit juice with 8% or greater carbohydrate (CHO) content.

Heat illness is an emergency situation and requires medical care. Call 911 immediately as well as calling the parent(s).

One simple guideline to follow before exercise is to drink 17-20 ounces of water or sports drink with less than eight percent CHO content, two to three hours before exercise.

ACTIONS REQUIRED BY CLUBS:

Football Commissioners or a designated representative should monitor the outdoor weather conditions on an hourly basis by calling the Verizon Weather Line at 301-936-1212.

- ◆ Washington Council of Governments Warning System

OZONE POLLUTION WARNING SYSTEM

Air Quality Index (AQI) Code	Weather Conditions
CODE RED Unhealthy AQI Level: 100 or more	Hot, hazy humid and stagnant air; little chance of precipitation
CODE ORANGE Approaching unhealthy AQI Level: 89-99	Temperatures in upper 80s to low 90s; sunny
CODE YELLOW Moderate AQI Level: 51-88	Temperatures in upper 70s to mid-80s; light to moderate winds
CODE GREEN Good AQI Level: 0 – 50	Mild temperatures; wind, rain or cool front throughout area

We bring these guidelines to your attention that all coaches and Commissioners are responsible for their players' safety and good health. These guidelines are a supplement to our existing "Guidelines for Football Practice Sessions" and each Football Commissioner and Coach is responsible for the administration and implementation of these Guidelines.

REMEMBER – THERE IS NO SUBSTITUTE FOR COMMON SENSE.