**AHSAA Exertional Heat Illness Policy**

**Preparation**
1. Emergency Action Plan (EAP)
2. Equipment
   a. Cold immersion tub/Kiddie pool/large trash can: filled with water with ice nearby
   b. Water supply
   c. Ice: in ice-chests next to tub
   d. Ice chest with towels: 6 total towels-3 in/3 out
   e. Temperature measuring device
      i. Wet Bulb Globe Thermometer (WBGT)
      ii. Heat Index Chart
      iii. Local weather information
   f. Shaded Area: “cool zone”

**Prevention**
1. Acclimatization
   a. Days 1-4: once daily practice not to exceed 3 hours
   b. Day 5: can begin full pads
   c. Day 5-14: two-a-day practices must be followed be single practice day or rest day
   d. Two-a-day practices must be separated by minimal 3 hours in cool environment
   e. Each practice session during two-a-days must not exceed 3 hours and total practice time cannot exceed 5 hours
2. Hydration
   a. Weigh before and after each practice
   b. Replace 16 ounces fluid for each pound of weight lost
   c. Urine should be clear before practice and at night before sleep
   d. Drink 8-10 ounces every 15-20 minutes of exercise
   e. Fluids with carbohydrates and salt are best
   f. Absolutely no energy drinks
3. Work-to-rest ratio
   a. Use the Heat Index cards to adjust work
   b. Adjust practice time to rest time based on heat stress:
      40 minutes of practice to 10 minutes of rest
   c. Rest should be in “cool zone” with equipment off
   d. Adjust equipment requirements as heat stress increase
   e. Cancel Practice in extreme conditions
4. Education
   a. Familiarize with signs and symptoms of exertional heat illness
   b. Mandatory educational course on exertional heat illness from NFHS

**Treatment**
1. Certified Athletic Trainer on site
2. Move to shaded “cool zone” if possible
3. Rectal temperature monitoring: inserted as soon as EHI suspected
4. Immerse in cold tub or kiddie pool ASAP
5. Use ice-water towels covering entire body and rotate new towels every 2-3 minutes if no tub available
6. “Cool first-Transport second” policy: do not remove athlete until rectal temp <102°F
7. Remove from cooling when rectal temperature <102°