



# BRIELLE ELEMENTARY SCHOOL

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## HEAT ILLNESS PREVENTION PROTOCOLS

Brielle Elementary School will follow a "Best Practice" policy when conducting any outdoor activities. The policy will follow modified guidelines of the NJSIAA Heat Participation Policy.

The temperature will be monitored 30 minutes to 1 hour prior to the activity and will be monitored during the activity.

Temperature Reading	Status	Risk	Activity Guidelines and Rest Break Guidance
Under 80* F	<b>Green</b>	Very Low	Normal Activities
80.0 - 85* F	<b>Yellow</b>	Low	<i>Normal Recess.</i> Use discretion for intense or prolonged exercise. Provide at least 3 separate breaks each hour with a minimum duration of 4 minutes each.
85.1 - 88.0* F	<b>Orange</b>	Moderate	<i>Normal Recess.</i> Maximum practice time is 2 hours. <b>For All Sports:</b> provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
88.1 - 90* F	<b>Red</b>	High	<i>Recess - One rest break will be provided during recess.</i> Maximum practice time is 1 hour. <b>For All Sports:</b> 20 minutes of rest breaks distributed throughout the practice.
Over 90* F	<b>Black</b>	Very High	<b>NO OUTDOOR ACTIVITIES</b>

### Guidelines/ Fundamentals for Heat Illness Prevention for Coaches and School Staff

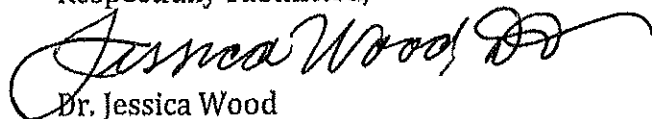
1. All coaching staff must take an online course on 'Heat Illness Prevention' annually, and receive certification upon completion of the course. This course is available through the National Federation of State High School Associations at: [www.nfhslearn.com](http://www.nfhslearn.com).
2. All Coaching staff must review and sign off on this policy/guidelines yearly.
3. Physical Exertion and training should begin slowly and continue progressively.
4. Keep each individual student's level of conditioning and medical status in mind and adjust activity accordingly.

5. With increase in heat/humidity especially if it is a significant change from previous few days:
  - a. Decrease intensity of activity
  - b. Increase frequency/duration of rest breaks and water breaks, and provide rest in shaded areas
  - c. Reduce uniform/equipment
  - d. Closely monitors players/athletes in changing conditions
6. Rest times should involve unrestricted access to fluids, and sports involving helmets should be removed during rest times.
7. Coaches should instruct their players to hydrate adequately before, during, and after practices and games.
8. Recognize early signs of distress and developing exertional heat illness (which are covered in online course from nfhslern.com) and promptly stop activity for affected player accordingly. Do not delay first aid! Put player in shaded or cool area, have player hydrate, monitor that players condition improves quickly.
9. Recognize more serious signs of exertional heat-related distress. Immediately stop activity and seek attention with EMS. Begin on site rapid cooling immediately.

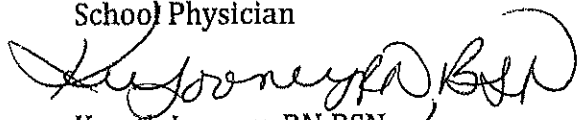
Steps taken for rapid cooling should be:

- a. Take player out of sun and put in shaded area, or put in an air conditioned space if available.
  - b. Ice bags and/or cool wet towels should be placed on athlete to cool body temperature immediately, especially to armpit and groin areas.
  - c. If athlete is able to drink, provide water to increase hydration.
10. All coaches must be CPR trained biannually, and aware of AED locations and protocol for emergencies.

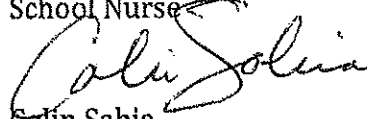
Respectfully submitted,



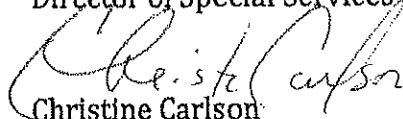
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