

La Porte ISD

Heat Advisory Precautions for Schools

I. GUIDELINES FOR DAILY ACTIVITIES

A heat index reading should be obtained daily, prior to participation in outside activities. This may be done by accessing www.weather.com Principals, please designate someone in your building (PE Teacher, secretary, media specialist, etc.) to access this daily as it gives accurate heat index predictions for the day as early as 7:30 each morning.

REMEMBER: IN TIMES OF EXTREME HEAT, STUDENTS WITH OUTDOOR ACTIVITIES SHOULD BE HYDRATED OFTEN THROUGHOUT THE DAY.

II. RATIONALE

Our heat advisory precautions are designed to protect students from incurring heat related illnesses or problems. This is a guide for personnel to use and refer to when making decisions or modifying and/or suspending outdoor activities.

- The best defense against heat-related conditions is **prevention**.
- Staff shall be reminded yearly and in times of extreme heat regarding precautions to take to ensure student safety.
- ***Staff focus should be on “constant surveillance” of students during extreme heat to ensure student health.*** Should symptoms arise, they should be addressed immediately.
- Remember: According to the American Academy of Pediatrics, “Children do not adapt to extremes of temperatures as effectively as adults”.

III. Guidelines for Outdoor Activities

La Porte ISD is mindful of the frequent Heat Advisories issued for our area. In an effort to prevent heat related illness, La Porte ISD has adopted the following guidelines for outdoor activities involving elementary aged students.

- **Heat Index of 90 degrees or less:** Normal recess will be held
- **Heat Index of 91 to 94:** Outdoor recesses will be strictly limited to 20 minutes. Students will receive water before and after recess. Staff will observe them closely for signs of heat illness.
- **Heat Index of 95 to 100degrees:** Any outdoor recess should be conducted in a shaded area and limited to 15 minutes. Students will receive water before and after recess. Staff will observe them closely for signs of heat illness.
- **Heat Index Great than 100:** Indoor recess will be held.

In an effort to protect our secondary students, all of our district coaches and PE teachers are strictly following the Heat Index activity guidelines recommended by the National Athletic Trainers Association. In addition coaches are holding athletic practices early in the morning and late afternoon/evening in an attempt to reduce heat stress.

IV. General Safety Guidelines

- Reduce the intensity and duration of physical activity initially and gradually increase exposure to allow students to grow accustomed to heat levels.
- Fully hydrate students prior to and after strenuous physical activity. Avoid caffeine and high sugar, carbonated drinks.
- Constantly provide cold water and schedule frequent rest periods where students are encouraged to drink 2-3 glasses of water.
- Plan strenuous outdoor activity for early morning or late in the day.
- Be aware of student's chronic health issues and medications of students.
- Heighten surveillance of students with special needs.
- Be aware of students with certain conditions that are at a greater risk to heat stress. Included in these (but not limited to) are: cystic fibrosis, recent vomiting, diarrhea, fever, obesity, diabetes, chronic heart disease, caloric malnutrition, anorexia nervosa, sweating insufficiency syndrome.
- Replacement of lost fluids and periodic rest is essential to the health of the participant during hot and humid conditions.
- Check to see if student's medication has specific precautions regarding heat, sunlight, etc.
- Use a "buddy system" where students are educated regarding symptoms and monitor each other.
- Implement extra precautions when playing on concrete or asphalt.
- Provide water on long, non-air-conditioned bus trips or encourage students to bring their own.

- The higher the humidity, the more dangerous high air temperature is because of decreased evaporation of body sweat. **Note that full sun exposure can increase the Heat Index by as much as 15 degrees F.**
- Contact your school nurse if you have questions.
- Check the Heat Index at weather.com or weatherforyou.com or an approved measuring device.

V. SIGNS AND TREATMENT FOR HEAT INJURY

A. Heat Cramps

1. Painful spasms usually in the muscles of the legs and abdomen.
2. Heavy sweating.

B. Heat Cramps – First Aid

1. Firm pressure on cramping muscles, or gentle massage to relieve spasm.
2. Give sips of water unless nauseated.
3. Move to air-conditioned or fanned area.
4. Contact the school nurse if vomiting occurs or symptoms persists.
5. Cease physically exerting activities for the day.

C. Heat Exhaustion (can rapidly progress to Heat Stroke)

1. Heavy sweating, moist and clammy skin
2. Weakness/dizziness/exhaustion
3. Fainting and vomiting
4. May have a fever
5. Pupils may be dilated.
6. Headache
7. Rapid, shallow breathing
8. Nausea, vomiting or diarrhea
9. Fast, weak pulse

D. Heat Exhaustion – First Aid

1. Contact the school nurse immediately.
2. Get victim out of the sun and into an air-conditioned area.
3. Lay victim down and loosen clothing.
4. Apply cool wet cloths.
5. Encourage sips of cool water unless nauseated.

E. Heat Stroke – THIS IS A LIFE-THREATENING

1. Extremely high body temperature
2. Hot dry skin
3. Rapid, strong pulse
4. Face red/flushed
5. Confusion or agitation
6. Altered level of consciousness

F. Heat Stroke – First Aid –School Nurse and 911

Heat stroke is a severe medical emergency.

1. Move the victim to a cooler environment.
2. Reduce body temperature with cool bath/sponging.
3. Remove clothing, use fans/air conditioner.
4. Offer cool water if conscious.

VI. SUGGESTIONS FOR STUDENTS

Take the time to educate students on the dangers of heat related illness. This may help prevent accidents at home as well!

- A. Inform instructor if recently ill.
- B. Inform your teacher/instructor of any medications recently taken.
- C. Wear lightweight, loose, cool, reflective clothing.
- D. Wear hats or sun visors when participating in direct sun.
- E. Wear sun glasses or protective eyewear.
- F. Avoid caffeine and high-sugar, carbonated drinks.
- G. Bring water to drink throughout extended activities such as field day.
- H. Avoid eating heavy, protein-rich foods prior to exercise.
- I. Seek immediate adult help if you start to feel ill.

More Information about Heat Illness can be found at:

http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp

<http://www.mayoclinic.com/health/exercise/HQ00316/METHOD=print>

<http://www.nata.org/sites/default/files/Heat-Illness-Parent-Coach-Guide.pdf>

http://kidshealth.org/kid/watch/out/summer_safety.html

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TRANSPORTATION TIPS FOR PRINCIPALS

Please remember the health risks increases for every minute the buses sit idle on your campus with a driver or kids on the bus without moving. Route times are adjusted daily to reduce the amount of time students ride buses. Other precautions include the following:

1. Have students ready to go. When the dismissal bell rings encourage staff to get them safely loaded and rolling as quickly as can safely be done.
2. Some of your drivers may have been on the road for quite a while when they arrive at your campuses and sit with many kids already on the bus awaiting your students to dismiss. Please take measures to release your students as quickly as possible to board and get moving as quickly as possible.
3. As a precaution, allow students to restroom and drink water prior to boarding the bus.
4. Late Buses - late buses mean staff and students stand in the heat awaiting the arrival of late buses. Please make sure transportation is aware of late buses so we can make adjustments accordingly.
5. Greet Drivers - It never hurts to have a staff member greet the drivers as they arrive on your campus. This does 2 things. It is good PR and lets them know we appreciate them. Most importantly, it gives you the chance to eyeball your drivers and possibly identify one who is struggling with the heat. Never hesitate to contact Transportation if you think a driver may be having adverse reactions to the heat.