

# Monomoy Regional High School



75 Oak Street  
Harwich MA, 02645

This policy is put into place in order to protect our student athletes in the event of an outdoor event that could be affected by environmental factors. In this case specifically our concern is heat related illnesses during an athletic competition or practice.

Heat illnesses are a spectrum of illnesses that occur due to heat exposure. This heat exposure can come from either environmental heat (air temperature) or simply intense exercise. These conditions can range from minor heat cramps to life-threatening heat stroke. In the case of a heat related illness the following steps should be taken:

Follow these steps to initiate emergency treatment:

- Remove all equipment and excess clothing.
- Cool the athlete as quickly as possible within 30 minutes via whole body ice water immersion (place them in a **tub/stock tank** with ice and water approximately 35–58°F); stir water and add ice throughout cooling process.
- If immersion is not possible (no tub or no water supply), take athlete into a cold shower or move to shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible.
- Maintain airway, breathing and circulation.
- After cooling has been initiated, activate emergency medical system by calling 911.
- Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure, monitor CNS status.
  - If rectal temperature is not available, **DO NOT USE AN ALTERNATE METHOD** (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in the heat.
- Cease cooling when rectal temperature reaches 101–102°F (38.3–38.9°C).

Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion or aggressive whole body cold water dousing) was initiated within 10 minutes of collapse.

### **Chain of Command**

Athletic Trainer: Taylor Murray, 774-208-2563

Athletic Director: Karen Guilmette 978-407-5505

Coach:

Once the athlete has recovered from their heat illness, these are recommended guidelines for a RTP protocol:

- Physician clearance prior to return to physical activity. The athlete must be asymptomatic and lab tests must be normal.
- The length of recovery time is primarily dictated by the severity of the incident.
- The athlete should avoid exercise for at least one (1) week after the incident.
- The athlete should begin a gradual RTP protocol in which they are under the direct supervision of an appropriate health-care professional such as an athletic trainer or physician.
- The type and length of the RTP program may vary among individuals, but a general program may include:
  - Easy-to-moderate exercise in a climate-controlled environment for several days, followed by strenuous exercise in a climate-controlled environment for several days
  - Easy-to-moderate exercise in the heat for several days, followed by strenuous exercise in the heat for several days
  - If applicable to the individual's sport: easy-to-moderate exercise in the heat with equipment for several days, followed by strenuous exercise in the heat with equipment for several days