



## Heat Advisory Precautions & Procedures For Camp and Child Care Programs

### I. GUIDELINES FOR DAILY ACTIVITIES

A heat index reading should be obtained immediately prior to participation of outside activities. This may be done by accessing [www.weather.com](http://www.weather.com). VPO's/Executives should designate someone in your building (receptionist, secretary, membership staff, child care director, etc.) to access this daily as it gives accurate heat index predictions for the day as early as 7:30 each morning. In times of extreme heat, reminders will be sent from the ASO.

- A. **Heat index of 95+ degrees and Heat Advisory in effect** - No outside activities-Branches can use the outside pool on site as long as the water temperature is less than 88 degrees.
- B. **Heat index of 90-94 degrees no heat advisory has been issued**  
– Limited outside activities
  1. Maintain clear focus on supervising children and looking for signs of over-heating
  2. Mandatory water breaks every 30 minutes.
  3. Mandatory breaks from activities after the water break for 5 to 10 minutes in duration.
  4. Monitor heat index every 30 minutes
- C. **Heat index of 89 degrees or below** – standard protocol

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

### II. RATIONALE

Our heat advisory precautions are designed to protect children and staff 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 regarding precautions to take to ensure student safety.



- **Staff focus should be on “constant surveillance” of children during extreme heat to ensure children health.** Should symptoms arise, they should be addressed immediately.
- The following guidelines are to be used as appropriate to ensure children safety during high heat. Implementation may vary depending on the activity.

### III. SAFETY GUIDELINES FOR STAFF

- Reduce the intensity and duration of physical activity initially and gradually increase exposure to allow children to grow accustomed to heat levels.
- Fully hydrate children prior to strenuous physical activity. Avoid caffeine and high sugar, carbonated drinks.
- Constantly provide cold water and schedule frequent rest periods where children are encouraged to drink 2-3 glasses of water.
- Stay inside during heat advisories as much as possible
- Plan strenuous outdoor activity for early morning.
- Be aware of participant’s chronic health issues and medications of children.
- Heighten surveillance of children with special needs.
- Be aware of children with certain conditions that are at a greater risk to heat stress. Included in these (but not limited to) are: cystic fibrosis, 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 children’s medication has specific precautions regarding heat, sunlight, etc.
- Use a “buddy system” where children are educated regarding symptoms and monitor each other While maintaining social distancing.
- Implement extra precautions when playing on concrete or asphalt.
- Provide water on long, all fieldtrips
- Decrease the intensity of activities that last 30 minutes or more whenever relative humidity and air temperature (Heat Index) are above critical levels (HI of 90 or above). 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 VPO’s/Executives if you have questions.
- Check the Heat Index at [www.weather.com](http://www.weather.com) or an approved measuring device.



#### IV. **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.

##### C. **Heat Exhaustion**

1. Heavy sweating, moist and clammy skin
2. Weakness/dizziness/exhaustion
3. Fainting and vomiting
4. May have a fever greater than 102 degrees
5. Pupils dilated
6. Headache
7. Rapid, shallow breathing
8. Nausea, vomiting or diarrhea

##### D. **Heat Exhaustion – First Aid**

1. Body temp of 103-105 degrees
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 water unless nauseated
6. If vomiting continues, seek immediate medical attention
7. Call the parent or guardian if the child does not seem “back to normal” within a few minutes.

##### E. **Heat Stroke – THIS IS A LIFE-THREATENING**

1. High body temperature (106° F or higher)
2. Hot dry skin
3. Rapid, strong pulse
4. Face red/flushed
5. Confusion or agitation
6. Possibly unconscious

##### F. **Heat Stroke – First Aid – CALL 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

**V. SUGGESTIONS FOR CHILDREN**

**Take the time to educate children 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/counselor 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.

**VI. HEAT INDEX CHART**

Heat Index Chart (Temperature & Relative Humidity)																
RH (%)	Temperature (° F)															
	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
90	119	123	128	132	137	141	146	152	157	163	168	174	180	186	193	199
85	115	119	123	127	132	136	141	145	150	155	161	166	172	178	184	190
80	112	115	119	123	127	131	135	140	144	149	154	159	164	169	175	180
75	109	112	115	119	122	126	130	134	138	143	147	152	156	161	166	171
70	106	109	112	115	118	122	125	129	133	137	141	145	149	154	158	163
65	103	106	108	111	114	117	121	124	127	131	135	139	143	147	151	155
60	100	103	105	108	111	114	116	120	123	126	129	133	136	140	144	148
55	98	100	103	105	107	110	113	115	118	121	124	127	131	134	137	141
50	96	98	100	102	104	107	109	112	114	117	119	122	125	128	131	135
45	94	96	98	100	102	104	106	108	110	113	115	118	120	123	126	129
40	92	94	96	97	99	101	103	105	107	109	111	113	116	118	121	123
35	91	92	94	95	97	98	100	102	104	106	107	109	112	114	116	118
30	89	90	92	93	95	96	98	99	101	102	104	106	108	110	112	114

**Note: Exposure to full sunshine can increase HI values by up to 15° F**

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Using the following scale, activity should be altered and / or eliminated based on this Heat Index as determined.



## Heat Advisory Precautions For Tennis and Outdoor Activities

### TENNIS AND OUTSIDE PRACTICE / EVENTS

**REMEMBER: IN TIMES OF EXTREME HEAT, PARTICIPANTS WITH OUTDOOR ACTIVITIES SHOULD BE HYDRATED OFTEN THROUGHOUT THE DAY. IF NECESSARY AND APPROVED, ALLOW PARTICIPANTS WITH AFTER-SCHOOL OUTDOOR ACTIVITIES TO CARRY WATER BOTTLES DURING THE DAY DURING TIMES OF INTENSE HEAT TO HYDRATE PRIOR TO PRACTICE.**

#### **I. Under 97 degrees Heat Index (All sports)**

Provide ample amounts of water. This means that water should always be available and participants should be able to take in as much water as they desire.

1. Mandatory water breaks every 30 minutes for 5 to 10 minutes in duration
2. Watch/monitor participants carefully for necessary action
3. Monitor heat index every 30 minutes

#### **II. 98 degrees to 104 degrees Heat Index (All outside activities) No heat advisory has been issued (if an advisory is issued see next rule)**

Provide ample amounts of water. This means that water should always be available and participants should be able to take in as much water as they desire.

1. Branches may continue to have outside activities
2. Members should be advised to bring lots of water and to limit their outside activities to 30 min if possible

#### **III. A Heat Advisory is issued then the heat index is 104 degrees and higher ALL OUTSIDE ACTIVITIES CANCELLED (Only swimming in the Outdoor pools is still permitted)**

Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

This recommended procedure should be used until such time as the temperature is below 80 degrees as no combination of heat and humidity at that level will result in a need to curtail activity. Branches are reminded that the monitoring shall continue until such a time that no combination of heat and humidity at that level will result in a need to curtail activity.