

# CONWAY PARKS, RECREATION & TOURISM HEAT POLICY



Conway Parks, Recreation and Tourism Department staff and coaches will follow the Heat Policy to insure the participant's safety and well-being.

The National Heat Index will be used as an indicator for the safety of participants for outside activities. This is determined by combining the temperature and relative humidity. This number will be used to determine any restrictions outside activities will follow. The Recreation Staff will be responsible for following the heat index and making the necessary decisions for participant safety. **PLAYERS WILL BE ALLOWED TO RECEIVE WATER WHENEVER REQUESTED.**

1. **Player Acclimation.** – Due to the fact that many of our football participants may not be acclimated to the heat, a player must practice without equipment for 2 days before they can wear equipment. They must wear only helmets for the first two practices, helmets and shoulder pads for the next two, then they may dress in full gear.
2. **Types of Heat Distress** – there are three levels of distress that all should be aware of.
  - A. Heat Cramps – Muscle spasms caused by an imbalance of water and electrolytes in muscles, usually affects the legs and abdominal muscles. Treatment – remove player to a cool shaded place. Give plenty of cool fluids, massage and stretch cramping muscles. Apply ice in some cases.
  - B. Heat Exhaustion – Can be a precursor to heat stroke. Normal to High temperature, heavy sweating, skin can be cool and pale or flushed (red), rapid pulse, nausea, weakness are other signs. Player may collapse. Treatment – Get to cool place immediately. Drink plenty of cool fluids. Remove excess clothing in some cases, immerse body in cool water.
  - C. Heat Stroke – Body's cooling shuts down. Body temperature can be over 104. Sweating stops, breathing can be shallow, rapid pulse, disorientation, irregular heartbeat or cardiac arrest. Treatment – Call 911 immediately. Place ice packs near large arteries such as neck, armpits and groin. Participant who has a heat stroke must be cleared by a physician before returning to play.
3. **Heat Index Scale** – there are four categories of heat index.
  - A. Green – Heat index of 80 – 90. The participants will have a mandatory break every 20 minutes with cool fluids available. Players will be allowed to remove helmets whenever possible.
  - B. Yellow – Heat index of 95 – 104. The participants will have more breaks. Games will continue with mandatory breaks for water. At practices, helmets will only be worn for short periods of time when necessary for the safety of the player.
  - C. Orange – Heat index of 105 – 129. Practice times will be limited to 1 hour. Games will continue with mandatory breaks for water. At practices, helmets will only be worn for short periods of time when necessary for the safety of the player. Shoulder pads will also be removed whenever possible. No conditioning drills will occur before, during or after practices.
  - D. Red – Heat index of 130 – up. All outside activities will stop. (Games and practices). The Recreation Staff will determine if and when activities can resume.
  - E.

HEAT INDEX °F (°C)													
	RELATIVE HUMIDITY (%)												
Temp.	40	45	50	55	60	65	70	75	80	85	90	95	100
<b>110 (47)</b>	136 (58)												
<b>108 (43)</b>	130 (54)	137 (58)											
<b>106 (41)</b>	124 (51)	130 (54)	137 (58)										
<b>104 (40)</b>	119 (48)	124 (51)	131 (55)	137 (58)									
<b>102 (39)</b>	114 (46)	119 (48)	124 (51)	130 (54)	137 (58)								
<b>100 (38)</b>	109 (43)	114 (46)	118 (48)	124 (51)	129 (54)	136 (58)							
<b>98 (37)</b>	105 (41)	109 (43)	113 (45)	117 (47)	123 (51)	128 (53)	134 (57)						
<b>96 (36)</b>	101 (38)	104 (40)	108 (42)	112 (44)	116 (47)	121 (49)	126 (52)	132 (56)					
<b>94 (34)</b>	97 (36)	100 (38)	103 (39)	106 (41)	110 (43)	114 (46)	119 (48)	124 (51)	129 (54)	135 (57)			
<b>92 (33)</b>	94 (34)	96 (36)	99 (37)	101 (38)	105 (41)	108 (42)	112 (44)	116 (47)	121 (49)	126 (52)	131 (55)		
<b>90 (32)</b>	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	103 (39)	106 (41)	109 (43)	113 (45)	117 (47)	122 (50)	127 (53)	132 (56)
<b>88 (31)</b>	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	98 (37)	100 (38)	103 (39)	106 (41)	110 (43)	113 (45)	117 (47)	121 (49)
<b>86 (30)</b>	85 (29)	87 (31)	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	102 (39)	105 (41)	108 (42)	112 (44)
<b>84 (29)</b>	83 (28)	84 (29)	85 (29)	86 (30)	88 (31)	89 (32)	90 (32)	92 (33)	94 (34)	96 (36)	98 (37)	100 (38)	103 (39)
<b>82 (28)</b>	81 (27)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	88 (31)	89 (32)	90 (32)	91 (33)	93 (34)	95 (35)
<b>80 (27)</b>	80 (27)	80 (27)	81 (27)	81 (27)	82 (28)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	86 (30)	87 (31)

**Category Heat Index**

**Possible heat disorders for people in high risk groups**

Extreme Danger	130°F or higher (54°C or higher)	Heat stroke or sunstroke likely.
Danger	105 - 129°F (41 - 54°C)	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Caution	90 - 105°F (32 - 41°C)	Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Caution	80 - 90°F (27 - 32°C)	Fatigue possible with prolonged exposure and/or physical activity.