

WILKES COUNTY SCHOOLS HEAT ILLNESS POLICY

Stage One

Below 90 degrees on the Heat Index Chart

No prevention necessary other than water every 15-20 mins.

Stage Two

Between 90 and 104 degrees on HIC

Extreme Caution

Possible heat cramps and/or heat exhaustion w/ prolonged exposure

Reduce duration, intensity, or both

Water breaks every 15 mins.

10 min. break every hour

Stage Three

105-114 degrees on HIC

Danger-Heat advisory – possible heat stroke w/ prolonged exposure

Limit football players to helmets and shoulder pads, or pants, or girdle only

Helmets off while not in active participation

Consider removing helmets and shoulder pads late in session

Limit conditioning to t-shirts and shorts only

15 min. rest break every hour

Consider moving practice later in the day

Stage Four

115-123 degrees on the Heat Index Chart

Excessive heat warning

Modify practice considerably

Water every 10 mins.

30 min. rest break every hour

No conditioning

T-shirts and shorts only

Cross Country – indoors only

Consider moving practice later in the day

Stage Five

Above 123 degrees on the Heat Index Chart

Terminate outdoor practice