PROSPECT RIDGE ACADEMY ATHLETIC DEPARTMENT

HEAT ILLNESS POLICY (Updated 8/2026)

Exertional Heat Illnesses

Weather events: In the case of inclement weather, the attending athletic trainer will recommend to the head coach that practice or competition be terminated (the ultimate decision will be with the attending athletic trainer). Decisions will be based on CHSAA and PRA Schools recommendations concerning threatening weather. All personnel will immediately seek shelter at designated areas. Of note, once a game or competition has begun, the umpire or official holds the responsibility of game termination. The Athletic Director has the authority to override the official's decision in the case of inclement weather. Also, all issued weather warnings will be heeded by all of PRA's athletic teams. The athletic trainer and/or administrator(s) are to go to each venue and warn them of any extreme heat risk. Refer to the Heat Illness Policy.

Athletic teams that practice and compete outdoors are at risk when the weather is inclement. PRA Athletics Department and Athletic Trainer have developed a heat illness policy to minimize the risk of injury from an extreme heat risk to PRA's athletes, coaches, support staff, visitors, and fans. To monitor the extreme heat, the staff will utilize WeatherBug App weather radar, as well as a wet bulb thermometer. Our policy is in accordance with the 2020-2021 NCAA Sports Medicine Handbook and CHSAA Sports Handbook regarding Heat illness safety.

GENERAL POLICY:

A member of the Athletics Staff (Athletic Trainer or administrative staff) will monitor the weather and make the decision to notify the head coach or officials of dangerous situations and recommend the suspension of activity in the event of extreme heat. Exceptions will be made for any activity where an athletics staff member is not in attendance, whereby the supervising coach will have the ability to suspend activity. The decision to suspend activity will be based on:

- Readings on the ATs WBGT thermometer

- Readings on the WeatherBug App

- CHSAA weather protocol

- National Weather Service Heat Index Chart

PRIOR TO COMPETITION: The Athletic Trainer and/or Athletic Director or other administrative staff will greet the officials, explain that we have a means to monitor the Extreme heat, and offer to notify the officials during the game if there is imminent danger. The Athletic Director or administrator and game officials will then decide whether to discontinue play.

PROSPECT RIDGE ACADEMY ATHLETIC DEPARTMENT

HEAT ILLNESS POLICY (Updated 8/2026)

ANNOUNCEMENT OF SUSPENSION OF ACTIVITY: Once it is determined that there is danger of a Heat illness, the Athletic Trainer or staff member will notify the head coach and/or official will subsequently immediately remove all athletes, coaches, and support staff from the playing field or practice area/facility.

EVACUATION OF THE PLAYING FIELD: Immediately following the announcement of suspension of activity all athletes, coaches, officials, and support personnel are to evacuate to the nearest enclosed structure or to their personal vehicles or school busses.

EVACUATION OF THE STANDS: During a competition, once the decision to suspend activity has been made, a representative of the athletic department will announce via the PA system: Fans are advised to immediately seek shelter in the nearest enclosed structure or personal vehicles.

Colorado is a Category 1 state. See activity guidelines below.

PROSPECT RIDGE ACADEMY ATHLETIC DEPARTMENT

HEAT ILLNESS POLICY (Updated 8/2026)

Cat 1	Activity Guidelines
< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

NOAA's National Weather Service

Heat Index

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution | Extreme Caution | Danger | Extreme Danger

PROSPECT RIDGE ACADEMY ATHLETIC DEPARTMENT
HEAT ILLNESS POLICY (Updated 8/2026)

Exercise-Associated Muscle (Heat) Cramps

Heat cramps represent a condition that can present during or after exercise as acute, painful, involuntary muscle contraction.

The most likely cause is dehydration, electrolyte imbalance, neuromuscular fatigue, or any combination of these factors. To relieve muscle cramps, the athlete should stop activity, replace lost fluids with a sodium-containing drink, and begin mild stretching with massage of the muscle spasm. Additionally, a recumbent position may allow for a more rapid distribution of blood flow to the cramping leg muscles.

Heat Syncope

Syncope, or orthostatic dizziness, can occur when an individual is exposed to high environmental temperatures.This condition is attributed to peripheral vasodilation, postural pooling of blood, diminished venous return, dehydration, reduction in cardiac output, and cerebral ischemia.

Heat syncope usually occurs within the first 5 days of acclimatization, before the blood volume expands, in persons with heart disease, or those taking diuretics. It typically occurs after standing for long periods of time, immediately after cessation of activity, or after rapidly standing from resting or being seated.

To treat heat syncope, move the athlete to a shaded area, monitor vital signs, elevate the legs above the head, and rehydrate.

Exercise (Heat) Exhaustion

Heat exhaustion is the inability to continue exercise associated with any combination of heavy sweating, dehydration, sodium loss, and energy depletion. It occurs most frequently in hot, humid environments and at its worst can be difficult to distinguish from heat stroke without taking a rectal temperature.

Some common symptoms associated with heat exhaustion include pallor, persistent muscle cramps, urge to defecate, weakness, fainting, dizziness, headache, hyperventilation, nausea, diarrhea, decreased urine output, and a body core temperature that generally ranges between 97° F and 104° F. Other indicators include profuse sweating, chills, and cool, clammy skin.

PROSPECT RIDGE ACADEMY ATHLETIC DEPARTMENT
HEAT ILLNESS POLICY (Updated 8/2026)

If feasible, use a rectal thermometer to check core temperature. If the temperature is elevated, excess clothing should be removed to increase evaporation. The athlete should be moved to a shaded area and their body should be cooled with fans, ice towels, or ice bags. Begin fluid replacement and transfer to a physician if IV fluids are needed or recovery is not rapid.

Exertional Heat Stroke

Heat stroke is defined as an elevated core temperate (>104° F) associated with signs of organ system failure due to hyperthermia. This condition occurs when the temperature regulation system is overwhelmed due to excessive endogenous heat production or inhibited heat loss in challenging environmental conditions.
This condition is life threatening and can result in complete thermoregulatory system failure. It can be fatal unless promptly recognized and treated. Signs and symptoms include tachycardia, hypotension, hyperventilation, altered mental status, vomiting, diarrhea, seizures, and coma. The skin is usually hot and can be wet or dry. The longer the athlete's body temperature remains above 106° F, the higher the risk of morbidity. This is significantly reduced if the body temperature is lowered rapidly.
After the core temperature is measured and found elevated, cognitive function should be assessed, which is markedly altered in exertional heat stroke. **The body temperature should be lowered as quickly as possible by removing excess clothes and equipment and immersing the body into a pool of cold water 35° F-59° F. Monitor temperature during cooling every 5-10 minutes and when it reaches 101° F-102° F, the athlete should be removed to avoid overcooling.**

If immersion is not possible, to reduce the body temperature, the athlete's excess clothing should be removed and the body sponged with cool water. Ice packs may be placed to as much of the body as possible, especially the armpit, groin, and neck, in addition to providing shade and using fans.
The emergency medical system should be activated and the athlete's vital signs should be monitored.

Exertional Hyponatremia

Exertional hyponatremia is defined as a serum sodium level less than 130 mmol/L and is usually relatively rare. This condition usually occurs when activity exceeds four hours and is caused by one of two mechanisms: an athlete digests water or low-sodium beverages well beyond sweat losses, causing water intoxication, or the athletes sweat sodium losses are not adequately replaced.

PROSPECT RIDGE ACADEMY ATHLETIC DEPARTMENT

HEAT ILLNESS POLICY (Updated 8/2026)

Athletes affected by hyponatremia will present with a combination of disorientation, altered mental status, headache, vomiting, lethargy, swelling of the extremities, pulmonary edema, cerebral edema, and seizures. This condition will result in death if not treated properly and can be prevented by matching fluid intake with sweat and urine losses and by rehydrating with fluids containing sufficient sodium.

If hyponatremia is suspected, immediate transfer to an emergency medical center is indicated and fluids should not be administered unless directed by a physician.

Prevention of Heat Illnesses

- Conduct a thorough preparticipation medical screening before the season starts to identify athletes with risk factors that may be predisposed to heat illnesses
- Adapt athletes to exercise in the heat gradually over 10-14 days. Athletes that are acclimated to heat conditions should train for 1-2 hours under the same conditions that will be present for their event.
- Educate athletes and coaches to the prevention, recognition, and treatment of heat illness.
- Educate athletes to match fluid intake with sweat and urine losses to maintain adequate hydration. Athletes should drink sodium containing fluids to keep their urine clear to light yellow and should replace fluids between practices on the same day and on successive days to maintain a less than 2% body-weight change.
- Encourage athletes to sleep at least 6-8 hours at night in a cool environment, eat a well-balanced diet, and maintain proper hydration status. Athletes exercising in hot conditions, especially if done twice a day, will require extra sodium replacement from diet, rehydration beverages, or both.
- Event and practice guidelines should be developed for hot, humid weather that anticipate potential problems based on wet-bulb globe temperature(WBGT) or heat and humidity index measured by a sling psychomotor. If the **WBGT is greater than 82° F, or "very high," an athletic event should be delayed, rescheduled, or moved into an air conditioned space.**
- Checking environmental conditions before and during activity will help to better adjust the practice schedule accordingly. **Training sessions should be scheduled to avoid the hottest part of the day (10am-5pm) and avoid radiant heating from direct sunlight.**

PROSPECT RIDGE ACADEMY ATHLETIC DEPARTMENT

HEAT ILLNESS POLICY (Updated 8/2026)

- Plan rest breaks to match environmental conditions and intensity of exercise. Some general guidelines during intense exercise include a work:rest ratio of 1:1, 2:1, 3:1, and 4:1, depending on the environmental risk.
- Implement rest periods at mealtimes by allowing 2-3 hours for food, fluids, nutrients, and el
- Provide an adequate supply of proper fluids to maintain hydration and institute a hydration protocol that will maintain proper hydration. The goal should be to lose no more than 2%-3% of body weight during the practice session; due to sweat and urine losses.
- Weigh high-risk athletes (in “high-risk” conditions, weigh all athletes) before and after practice to estimate the amount of body water lost during practice to ensure a return of prepractice weight before the next practice.
- Minimize the amount of equipment and clothing worn in hot or humid conditions. When exercising in hot conditions, athletes should wear loose-fitting, absorbent, and light colored clothing.
- Minimize warm-up time when possible, and conduct warm-up sessions in the shade when able to minimize radiant heat exposure.
- Allow athletes to practice in shaded areas and use fans to circulate air when available.
- Include the following supplies on the field, in the locker room, and at other stations:
    - A supply of cool water/sports drinks to meet the participants’ needs
    - Ice for active cooling and to keep beverages cool
    - Telephone or 2-way radio to allow for communication/summon emergency personnel
    - Tub, wading pool, or whirlpool to cool the trunk/extremities for immersion therapy
- Notify local hospital and emergency personnel before mass participation events to inform them of possible increases in heat-related illnesses.
- Mandate a check of hydration status at weigh-in to ensure athletes in sports requiring weight classes are not dehydrated.