

TO: K-12 Principals
K-12 Assistant Principals
K-12 Health and Physical Education Teachers
All Cluster Nurses
(Principals: Forward to your building personnel)

FROM: Leonard Box, Supervisor of Athletics
Lynne Meadows, Coordinator of Student Health Services
Therese McGuire, Coordinator of Health & Physical Education

DATE: August 7, 2009

SUBJECT: Weather Advisory Information/ Outside Activities During Temperature Extremes

All outside activity is to be suspended on days when the National Weather Service indicates a heat advisory. Refer to the following websites for heat advisory information by zip code.

<http://www.srh.noaa.gov/ffc/>

<http://www.wsbtv.com/weather>

A heat advisory is that a period when dangerous heat is expected. The combination of hot temperature and high humidity will create a high heat index. Athletic coaches have already received guidelines regarding high heat index and practice during those times.

In light of the extreme heat, humidity, and poor air quality conditions, please advise all teachers, coaches and support personnel to use caution when taking students outside for activity such as physical education, recess, intramural activities and outdoor classroom instruction. This caution applies to physical education classes in the gym if this area is not air-conditioned. Make sure that all students have ample time to get water. Students with a history of respiratory illness/distress are especially vulnerable.

Each year heat related incidents to occur in Georgia schools. As we begin a new year, it is important that all school personnel pay special attention to the signs and symptoms of heat related illnesses which can occur fast and frequently. We are experiencing some of the hottest days of the year. Recent daytime high temperatures have gone above 95 degrees Fahrenheit. Under these conditions, school staff must be careful to avoid students developing heat related problems (cramps, heat fatigue, heat exhaustion, and heat stroke).

Please note the signs and symptoms of heat related illnesses and alert school personnel members to signs of heat cramps (severe muscle cramps, usually in the legs, arms, and abdomen), heat exhaustion (cool, moist, pale, or flushed skin, headache, nausea, dizziness, weakness, and exhaustion) and heat stroke, which is rare but can occur when the signs of heat exhaustion are ignored (red, hot, dry skin,

changes in consciousness, rapid, weak pulse, rapid, shallow breathing). For heat cramps and heat exhaustion, move student into a cooler area in front of a fan, give cool water to drink, and allow the student to rest. If any of the symptoms of heat stroke occur, in addition to quickly trying to reduce body temperature, call 911 for medical help.

Dehydration is a common problem associated with outside activities in hot weather. Students typically lose a lot of fluid in intense heat. Consequently, fluid replacement is very important in avoiding heat related problems. Fluids should be provided to students on a regular time schedule. In fact, school personnel should allow the students to get fluids whenever they feel they need it.

Listed below are some general hydration tips that can be done to prevent heat illness:

- Hold all outdoor activities during the cooler part of the school day - if possible, early morning or late afternoon.
- **Do not deny any student water or to rest at any time.**
- Drink water through out the day especially before and after physical activity. (Please encourage students to drink even when not thirsty)
- Make sure proper first aid supplies are available and know the proper first aid procedure for heat illness as well as CPR/AED procedures.
- School personnel are required to complete an incident report as well as contact the Cluster Nurse if a student becomes ill due to heat related causes.
- Make sure the following items are available:
 1. Crushed ice
 2. Individual cups or containers
 3. Towels
 4. First aid kit
 5. Emergency student information

Thank you for your continued cooperation.