



Shepton High School Athletic Training

Heat Index Guidelines

The heat index guidelines used by the Shepton Athletic Staff have been adapted from the UIL Guidelines as well as the Federal Government Guidelines. We take the utmost care when it comes to the heat index and the safety of all athletes competing outdoors during hot weather. The following are the guidelines:

- 1) Athletes should be monitored for weight loss after every practice and weight gain before every practice. Generally a 3% weight loss is to be expected during outdoor workouts. Anything over 3% places the student-athlete at a greater risk for heat related illness. Student-athletes that do not adequately replace their weight loss will be held out of practice. See page 2 for how to adequately regain your weight lost after practice.
- 2) Signs of trouble to be observed by the Staff include nausea, incoherence, fatigue, weakness, vomiting, muscle cramps, weak rapid pulse, visual impairments, and unsteadiness.
- 3) Urine charts are posted in every bathroom for the student-athletes to monitor their level of dehydration. These charts should be taken seriously and the darker yellow the urine, the more fluid the student-athlete should ingest.
- 4) Decisions to postpone/suspend practices and/or games based on the daily heat index will be made by the school Athletic Director the school Principle and the district Athletic Director.

Some general rules to follow for the student-athletes are as follows:

- 1) Cooling by evaporation is proportional to the area of skin exposed. Never wear long sleeves or rubberized clothing.
- 2) Become acclimated to the warmer environment during the Summer. Student-athletes that get outside during the Summer are much better at preventing heat illnesses than those that do no Summer workouts and sit inside all Summer. **Acclimatization** to the heat is one of the key factors in preventing heat illnesses.
- 3) Water will be made available at all times during these workouts. Student-athletes are strongly encouraged to drink as much as possible. If you start drinking when you are thirsty it is too late. All student-athletes need to pre-hydrate (drink plenty of fluids prior to practice).
- 4) Add small amounts of extra salt to each meal to help replace the salt lost during workouts.

Shepton Stallions Athletic Training

Weight Replacement Guidelines

Student-athletes should adequately gain weight back that is lost during workouts. The following tips will help them to achieve this. All student-athletes are monitored for weight loss, those that consistently lose over 3% of the body weight and do not replace the weight, will be held out of practice.

Recommendations for Weight Replacement:

- 1) Drink plenty of water and sports drinks (Gatorade and Powerade) throughout the day. Not only should you drink during practice, but you should drink before and after practice as well.
- 2) **Do not** drink sodas or any beverage containing large amounts of **caffeine**. Also avoid all drinks with large amounts of carbohydrates.
- 3) Drink approx. 24 oz of water/sports drink for every pound lost within two hours of the end of the exercise session.
- 4) Meals should be eaten before and after all practice sessions. During two-a-day workouts, student-athletes should bring food to eat between workouts. This would include a sandwich, chips, and fruit. Student-athletes that do not eat properly place themselves at a much greater risk of heat related illness.
- 5) Eating fruit and vegetables is not only nutritious but a valuable source of water.