

New Trier High School District 203

Guidelines and Recommendations for Hydration and Practicing During Periods of Heat Stress

1. Proper hydration
 - a. A minimum of 20 oz. of water or an electrolyte drink is recommended 2-3 hours before activity. A minimum of 12 oz. is again recommended 10-20 minutes prior to activity.
 - b. A minimum of 12 oz. is recommended every 30 minutes during exercise.
2. Athletes should weigh themselves prior to and immediately following practices. At least 20 oz. of electrolyte drink and/or water should be ingested per pound of weight loss following activity, as defined in #4 below.
3. During periods of heat stress, a member of the athletic department will monitor and record the Wet Bulb Globe Temperature (WBGT) reading. The WBGT is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas.

If possible, these readings should be taken before practice and at one hour intervals during practice to note changes. Additionally, readings should be taken on the different practice surfaces being used, grass, artificial grass, as well as indoor and outdoor court surfaces, as all these surfaces can give different environmental readings.

The following protocol is recommended for making decisions concerning activity during periods of heat stress using the WBGT. Individuals identified as being prone to heat stress will be treated on an individual basis to reduce heat stress. For offsite locations where a WBGT is not able to be taken, use the nearest facility's WBGT to determine activity level.

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| a. WBGT <80 | Allow fluids as needed. No modification in activity.* |
| b. WBGT 80-84 | Frequent hydration of athletes and scheduled 5 minute break every 25-30 minutes of activity.* |
| c. WBGT 85-88 | Frequent hydration. 5 minute break every 15-20 minutes of activity.* |
| d. WBGT 88-90 | Continued hydration. 5 minute break every 10-15 minutes.* Modify practice as necessary (time, equipment, drills). Consider no protective equipment, no off-campus practices, and changing of practice time. |
| e. WBGT 90+** | Change practice time or move to indoor facility. |

*Individuals prone to heat stress may be given more frequent or extended breaks to replace fluids and cool down body temperature.

**If WBGT 90+ temperatures are anticipated the day of, or in the days to come, the Athletic Department will attempt to notify coaches of the apparent danger ahead of time.

Central Suburban League

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4. Student-athletes who experience heat stress during/following a practice session, should follow the recommended rehydration criteria before returning to the next practice:
 - Consume a minimum of 60 oz. of water and/or electrolyte drink between practice and bedtime.
 - Consume a minimum of 68 oz. of water and/or electrolyte drink between breakfast and lunch.
 - Consume a minimum of 34 oz. of water and/or electrolyte drink within one hour of the start of practice.
 - Consume 12 oz. of water and/or electrolyte drink every 30 minutes during activity.

At the discretion of the Sports Medicine Staff, selected student-athletes may be expected to meet the rehydration criteria, as described in #4 above, at any time before a contest or practice in order to be cleared to participate. At the discretion of the Sports Medicine Staff, the student-athlete may be subject to a specific gravity urine test to confirm hydration (recommended it measure at 1.010 or lower at the start of practice) and to determine clearance for participation.

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