

PHM Forum – October 2017

Penn High School adheres to all rules and guidelines established by the IHSAA (Indiana High School Athletic Associational) and the NFHS (National Federation of High Schools) in regards to student health and wellness.

Fall Activities & Practice Surfaces:

1. Boys & Girls Cross Country –pavement, natural grass, wooded, rubberized track
2. Boys & Girls Soccer – natural grass
3. Cheerleading – rubberized track, natural grass, synthetic turf
4. Football - natural grass, synthetic turf
5. Boys Tennis - asphalt
6. Girls Golf – natural grass
7. Marching Band – pavement, natural grass, synthetic turf
8. Girls Intramural Powder Puff Football – natural grass, synthetic turf
9. Off-season Sports – pavement, natural grass, synthetic turf, rubberized track

Participation Numbers:

483 Student-Athletes in Fall Sports

180+ in the Marching Band

70 Intramural Powder Puff Football

700+ kids participating in off-season workouts, open fields, and conditioning programs.
= 1,400+ students

Coaches / Sponsors:

160+ staff (paid and volunteers).

Proactive Planning:

Pre-Participation Physical (annual – April 1st cutoff each year)

- Penn holds a physical night in the spring as a convenience to families. Penn High School collaborates with St. Joseph Health System to provide doctors on site. Any family history or abnormalities of concern discovered during the exam require additional testing and possible follow- up doctor's office visits prior to being cleared to participate.
- Physicians certify that the student is physically able to participate and highlight any areas of concern for the families, athletic trainers, and coaches to monitor.

Coaches / Sponsor Education

- All coaches complete the NFHS Concussion Course
- All coaches complete the NFHS Sudden Cardiac Arrest Course
- All football coaches (6-12) complete the NFHS Heat Illness Prevention Course. NFHS offers free Heat Illness Prevention Course – open and available to all coaches and/or sponsors free of cost.
- All football coaches complete the NFHS Indiana SEA222 Course
- All coaches or sponsors attend or view the annual Student Supervision and Safety in-service

Participant Education

- PHM Curriculum grade
 - ✓ Physical Fitness K-12
 - ✓ Health (grades 7-12)
- St. Joseph Health System agreement
 - ✓ Provides a full-time and part-time athletic trainers
 - ✓ Provides Team doctor
- Sponsor led discussion / teaching
 - i. Symptoms of Heat Exhaustion
 - ✓ Heavy Sweating
 - ✓ Weakness
 - ✓ Cold, Pale, Clammy Skin
 - ✓ Fast, weak pulse
 - ✓ Nausea or Vomiting
 - ✓ Fainting
 - ii. Pre-activity Hydration
 - ✓ Drinking fluids even when you don' t think you need them
 - ✓ Choosing cold water
 - ✓ Avoiding energy drinks and caffeinated beverages
 - iii. Post-activity Hydration
 - ✓ Sport drinks with additional electrolytes for activities longer than 45 minutes
 - iv. Proper Nutrition
 - ✓ Eat three (3) balanced meals plus healthy snacks
 - ✓ Penn Strength Coach has worked with PHM Food Service to help tag all meals provided in the cafeteria with "Eat like a Champion" indicator to help guide our student athletes to making the best choices to fuel their body.

Heat Adaptation

- In general - Heat acclimation takes 10-14 days. The IHSAA encourages student-athletes to work out that throughout the summer.
- Plan looks different from each sport & activity. Prescribed schedule to slowly increase heat exposure and increase the demands of the activity.
- IHSAA Rule 54-4 Indiana Football Coaches Association (IFCA) has adopted the USA Football acclimation period state-wide. <https://usafootball.com/resources-tools/coach/practice-guidelines/>

Monitoring the Weather

- Online weather sources
- Outdoor thermometers & probes
- Real feel

Modified Practice Plans

- Additional rest & water breaks planned
- Combination of interior & exterior practice sessions
- Modify or eliminate daily conditioning
- Reduced total practice minutes
- Modify the time of day that practice is held (to avoid the heat)
- Post-practice ice baths, showers, and athletic training services
- Modified equipment or uniform use

Steps we take to Monitor Students:

- Proper Coach / Sponsor Supervision
- Buddy System for Student-Athletes or Participants
- Athletic Trainers onsite for all practices and contests
- Hydration Monitoring (self – urine color)
 - i. Dark Urine color = Dehydration
 - ii. Encourage student-athletes to drink enough water until the urine is clear
- Weight Loss (weigh-in and weigh-out)
 - i. typically done with football team due to the equipment worn
- Modify practice plans for students who have been sick or injured

Reported Incidents Fall 2017 involving Penn HS Students:

- Six (6) students were seen by athletic trainers for heat related symptoms
- All but two (2) returned to practice the same day
- No students required additional medical attention

Additional Tools:

www.ih saa.com

Resources → Well-being

Heat Index Calculator
Heat Index Chart
Heat Illness Position Paper
Heat Illness Presentation (PowerPoint)
Heat Illness Prevention
NFHSLearn.com: A Guide to Heat Acclimatization and Heat Illness Prevention

IHSAA Heat Index Chart for Guidelines

Level	Heat Index Range	Possible Heat Disorders for People in High Risk Groups
Caution	80-90	Fatigue possible with prolonged exposure and/or physical activity.
Extreme Caution	91-105	Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Danger	106-129	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with possible with prolonged exposure and/or physical activity.
Extreme Danger	130 & Higher	Heat stroke or sunstroke likely.

ARE YOU HYDRATED? DON'T WAIT UNTIL URINE TROUBLE.

Products with caffeine should be avoided before practice and competition (supplements, energy drinks, etc...) Sports drinks can provide supplementary electrolytes, but water is KEY!

Monitor your urine color with the chart below. Don't let dehydration take you off the field!



HIGHLY DEHYDRATED

Go drink a large bottle of water immediately.

SERIOUSLY DEHYDRATED

You are still seriously dehydrated. Drinking a bottle of water now will make you feel much better.

MODERATELY DEHYDRATED

You lose water on a regular basis throughout the day. Drink more water.

PROPERLY HYDRATED

You're almost there. Get some water in your system to flush out all those toxins from your workout. Stay hydrated and healthy!

HYDRATED & HEALTHY

Great job! To stay hydrated, experiment during training to find the amount of fluid to drink that feels comfortable and allows you to perform at your best (6 - 12 glasses/day).



If you have questions, the Resource Exchange Center(REC) has answers. Protect your health and eligibility, submit nutritional/dietary supplement and drug questions to your ATC, physician, and the REC for review.

Indiana High School Athletic Association

HEAT INDEX INFORMATION & CHART

The [heat index \(HI\)](#) is an apparent temperature felt by the human body due to the combined effects of temperature and humidity. Most people understand that as the air temperature goes up, so does the heat index. But why does humidity play a role? It's because the body's perspiration cannot evaporate as well when the humidity increases. Therefore, the cooling effects of your sweat are reduced as the humidity rises, and your body is unable to cool itself naturally. Combine high heat and high humidity and you've got trouble!

Although it is convenient to use a single number (the heat index) to describe the apparent temperature your body feels, keep in mind that heat and humidity affect every body (and everybody) differently. Several assumptions are used to calculate the heat index. The heat index assumes that the body is:

- 5' 7" tall.
- 147 pounds.
- At 98.6°.
- Clothed in long trousers and a short-sleeved shirt.
- In shade.
- Walking at a speed of 3.1 mph.
- In a breeze of 6 mph.
- Not dripping with sweat.

If any of these factors change, e.g., more exertion, more clothing, and/or more weight, the heat index will change for that individual. For example, if you weigh 250 pounds, are wearing long-sleeved work clothes, and are working outside in the sun, the heat index value you hear reported on the radio is lower than what you are personally feeling.

The rules for minimizing the heat effects are simple:

- Monitor forecasts and advisories for periods of high heat indices.
- Take frequent breaks in the shade.
- Avoid prolonged exertion.
- Drink water often - and drink more than you think you need.

HEAT INDEX CHART



Relative Humidity

Temp.	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
80	80	80	81	81	82	82	83	84	84	85	86	86	87
82	81	82	83	84	84	85	86	88	89	90	91	93	95
84	83	84	85	86	88	89	90	92	94	96	98	100	103
86	85	87	88	89	91	93	95	97	100	102	105	108	112
88	88	89	91	93	95	98	100	103	106	110	113	117	121
90	91	93	95	97	100	103	106	109	113	117	122	127	132
92	94	96	99	101	105	108	112	116	121	126	131	137	143
94	97	100	103	106	110	114	119	124	129	135	137	148	155
96	101	104	108	112	116	121	126	132	135	141	146	160	168
98	105	109	113	117	123	128	134	138	144	150	157	172	181
100	109	114	118	124	129	136	141	147	154	161	168	185	195
102	114	119	124	130	137	143	149	156	164	172	180	199	210
104	119	124	131	137	144	151	158	166	175	184	193	214	226
106	124	130	137	145	153	162	172	182	193	204	216	229	243
108	130	137	144	153	162	172	182	193	205	218	231	245	260
110	136	143	150	161	171	182	194	206	219	233	247	262	278

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EXAMINATION			
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female	
BP / (/)	Pulse	Vision R 20/	L 20/ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hypertaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Hearing			
Lymph nodes			
Heart ¹ • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only) ²			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic ³			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

¹Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
²Consider GU exam if in private setting. Having third party present is recommended.
³Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

Pending further evaluation

For any sports

For certain sports _____

Reason _____

Recommendations _____