

SAFETY *Blitz*



2013 Football Preseason Guide

Annual Gameplan for Promoting and Preserving Safety Measures in Football



In addition to this football guide, coaches and administrators must review the Fall Sports Coaches Alerts especially regarding heat illness, injury, concussions and conditioning.

Contents

Risk Minimization and Football Conditioning3

Suggestions for Principals & Football Coaches3

Summer Coaching Regulations for Football4

Football Helmet Inspection Checklist5

Reducing Brain and Spinal Injuries in Football and Other Sports6

MHSAA Protocol for Concussions7

MHSAA Return to Competition Form8

MHSAA Model Policy for Managing Heat and Humidity9

Heat Index FAQs11

Discounted Heat Index Devices12

NOTES AND RESOURCES

Football Helmets and Face Masks: Visible exterior warning labels which detail the risk of injury are mandatory. It is required that helmets and facemasks (properly secured to the helmet) meet the NOCSAE test standard at the time of manufacture.

Catastrophic Insurance: Since 1970-71 the MHSAA has arranged for Catastrophic Athletic Accident Insurance Coverage for eligible participants at each member high school and all registered officials. The program is catastrophic excess accident insurance intended to help pay medical bills to administer to injuries sustained in athletic activities under MHSAA jurisdiction. Details of the coverage and claims administration for 2013-14 are posted on the Administrators page of MHSAA.com, and also can be found in the 2013-14 *Handbook*.

Summer Dead Period, Preseason Down Time: For clarifications check the *MHSAA Handbook*, or visit the Administrators page of MHSAA.com

Coaches should complete one of the brief Online Concussion Courses listed on the Health & Safety Page of MHSAA.com.

The Annual Survey of Catastrophic Football Injuries appears here:
<http://www.unc.edu/depts/nccsi/2012FBInj.pdf>



BACK TO SCHOOL

2013 MHSAA Football Rules Meetings

Begin: July 29, 2013 — End: Sept. 9, 2013

Risk Minimization and Conditioning

June 2013

It is estimated that there are approximately 1,400,000 participants in high school, junior high school and youth football leagues in the United States. Although statistics reveal that fatalities have decreased markedly since 1976. There were 0 fatalities directly related to football in 2012, as well as 9 indirect fatalities. There were 5 fatalities due to heat related issues in 2011 and 1 in 2012.

It is necessary to remind all that are involved with football programs on the local level to continue to be vigilant in our pursuit for a risk free environment for our students. In those efforts, coaches should be aware of the following:

1. During off-season conditioning, it is more important to stress weight training than passing leagues. The most important weight training is that which focuses not on bulk and bench presses but on strengthening of shoulder, back and neck muscles.
2. During preseason practices, it is imperative to teach proper blocking and tackling techniques, and to prohibit butt blocking, face tackling, spearing and any other activity that makes the head the principal point of contact in blocking and tackling.
3. During games, don't stop teaching. Demand proper techniques of blocking and tackling even during emotionally charged games. Don't send the message that wild, reckless, kamikaze play is especially praiseworthy.
4. At all times, assign player positions sensibly. Don't put younger, slighter, less mature players in positions where they will be more likely to make open-field tackles: at defensive back, or on punt and kick-off coverage teams.
5. No existing football helmet is concussion proof. Proper helmet fit is a major concern and is imperative that athletes, coaches and athletic trainers take an active role in the proper fitting of helmets. Comfort shortcuts are not permitted. (See MHSAA Concussion Protocol)
6. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss), he should receive medical attention and should not be allowed to return to practice or competition without permission from a physician.

Get on the Same Page Before Practice Begins

Suggestions for Principals/Athletic Directors and Coaches

PRINCIPALS/ATHLETIC DIRECTORS

Discuss the following topics with the entire football coaching staff prior to your school's first practice in August. Similar subjects should be discussed with coaches of other sports.

1. Point out all foreseeable dangers for each student in football participation.
2. Rules must be followed in every respect. Including required proper fitting, and unaltered equipment.
3. Correct procedures, techniques, conditioning, proper equipment fitting must be taught. The coach must be knowledgeable and drills must be conducted with minimal risk. Do not use dangerous drills to demonstrate procedures. Terminology such as "kill", "maim", etc. should be eliminated.
4. Take positive steps when disciplining a student who has violated a rule involving risk factors. Create a minimum risk learning environment.
5. Protect yourself by keeping thorough records. Document practice sessions, schedules, statements, precautions, etc. Inform parents and students regarding instructional procedures involving risk minimization.
6. Establish a set, written procedure in the event of injury during practice and games.

COACHES

At a total squad meeting, have all players place and review the warning labels on the outside lower back part of the helmet and instruct that only certified facemasks may replace the original. Consult helmet manufacturers for policies on "after-market" attachments.

Also, at the team meeting, it would be a good time for the coaches to stress the following to the entire squad:

1. Helmets cannot prevent all head and neck injuries (Poster--Attention Football Players). Proper fit is a must.
 2. The helmet check is a shared responsibility and all damaged equipment should be reported to the coach. Share with all team members the suggested inspection checklist items (see enclosed).
 3. In any sport there is always the chance that someone can be injured and, in a small percentage of cases, a player could sustain a very serious injury.
 4. Spearing, butt blocking, and face and head tackling are illegal. The danger in these techniques is that too often the player's head is not in the proper position when contact is made with the opponent. Executed improperly head down, the neck is most vulnerable to injury. A blow to the top of the head when the neck is straightened is the most frequent cause of permanent injury.
- Only legal techniques should be taught or practiced. The players should be instructed to keep their heads up and necks bulled when making contact with opponents. The players should be warned about putting their heads down and initiating contact.



MHSAA Summer Regulations Regarding Football

June 2013

NOTE: MHSAA Handbook Regulation II, Section 11(H) addresses summer football activities for coaches and players

1. **During the summer prior to Friday, August 1**, a maximum of seven players at one time may engage in organized competition with their school coach present for a maximum of 7 days (more than seven players may be present on the sideline). In addition, informal activities (with footballs, helmets and football shoes not sleds and dummies) may take place on any number of days during the summer (**not Summer Dead Period**) as long as no more than seven students in grades 7-12 of the district are assembled with a football coach of that district.
These seven days with competition in the summer are subject to the same out-of-state travel limits that apply to school teams during the school season under Regulation II, Section 6, except for camps that are conducted within Michigan.
 - a) In addition, schools should be alerted to prohibitions against events which are called or purport to be all star events or national high school championships. This prohibition applies to 7 on 7 football.
2. During the summer prior to August 1, except as limited during the summer dead period, football coaches may participate at bona fide summer football skills camps where more than seven students from their school district in grades 7 through 12 are participating; **school transportation may not be used**.
 - a) Bona fide football camps are those sponsored by institutions or businesses including colleges, schools, intermediate school districts, community school programs, etc.
 - b) The camps must be open to students from any school district, and are subject to player equipment limitations of shoes and helmets. Sleds and dummies may be used at these camps.
 - c) Camps limited to students entering grades 9-12 must be promoted and advertised in public media to be open to students from more than one high school.
 - d) Camps sponsored by a high school and limited to students entering grades 9-12 may not extend more than 10 days total.
3. **Schools should alert all players: At no time during the summer or school year outside of the defined football season may MHSAA member student-athletes participate in a camp, clinic, practice, tryout or combine where more than football helmets and football shoes are worn (in-state or out-of-state).**
4. **Preseason Down Time – Beginning August 1** for all fall sports no open gyms, camps or clinics which involve that sport shall occur at the school or be sponsored elsewhere by the school; and no competition, intersquad or intrasquad between groups that resemble school teams (more than 3 or 4 students of grades 7-12 of the district) may occur at any location with any of that school district's personnel present. The preseason downtime allows voluntary conditioning for any number of students and has a 4-player limitation on any activity that is sport specific (prior to Aug. 1, 7 players).



Summer Regulations

FAQ

- Q When does "summer" vacation begin for a school?
A The Monday after Memorial Day. The summer dead period may not occur when teams are finishing spring academic seasons.
- Q May the coach of a school football team involve 20 of his players voluntarily in a practice session he conducts in July?
A No. The limit is 7 players, except at a bona fide skills camp or 7 on 7 competition, where there is no limit to the number of players but involves other limitations.
- Q May a football coach attend and work at a football skills camp in the summer where a dozen members of that coach's team are enrolled?
A Yes, prior to August 1, but not during the summer dead period.
- Q May a school sponsor a bona fide football skills camp?
A Yes, it must be open to students from any district; and participants are subject to the equipment limitations of footballs, helmets and football shoes. It may last no longer than 10 days.
- Q May a football coach be actively involved in coaching in a summer 7-on-7 passing league conducted by a college, community or school?
A Yes, prior to August 1, but not during the summer dead period, coaches may actively coach students in such competition subject to equipment limitations and a maximum of 7 days.
- Q May a football coach conduct conditioning programs for players in grades 7-12 during the summer?
A Yes, but not during the summer dead period, "Conditioning programs" are permitted out of season if they are voluntary and do not involve equipment that is specific to football conducted on an interscholastic basis. Examples of prohibited equipment include, but are not limited to footballs, dummies and equipment. Generic equipment such as cones, weights, jump ropes, and other fitness apparatuses are permitted.
- Q May a football team use school transportation to assemble at a site other than the regular location of practice?
A Yes, the use of school transportation is allowed for such purposes, but only **one** day before the first official day of practice. School transportation may not be used for camps, 7 on 7 competition or other summer activities.
- Q May a MHSAA member school athlete participate in a full contact camp, clinic, practice, tryout or combine where attendees are wearing either full equipment or helmets, shoulder pads and football shoes?
A **NO**. Michigan athletes may not participate in any out of season activity while wearing more equipment than football helmets and football shoes in-state or out-of-state.



Football Helmet Inspection

To assist the person responsible for repair and maintenance of helmets, NOCSAE has developed a number of guidelines to observe when inspecting helmets. There may be other things you want to check as this list is not intended to cover every observation which may be made. NOCSAE recommends that a periodic inspection of all helmets be made and that they be periodically retested under the NOCSAE recertification program.

SUGGESTED INSPECTION CHECK LIST

1. Check helmet fit for agreement with manufacturer's instructions and procedures.
2. Examine shell for cracks particularly noting any cracks around holes (where most cracks start) and replace any that have cracked. **DO NOT USE A HELMET WITH A CRACKED SHELL.**
3. Examine all mounting rivets, screws, Velcro and snaps for breakage, distortion and looseness. **Repair as necessary.**
4. Replace face guards if bare metal is showing, there is a broken weld or if guard is misshaped.

NOTE: Face protectors must meet NOCSAE test standards at the time of manufacture.

5. Examine for helmet completeness, and replace any parts that have become damaged, such as sweatbands, nose snubbers and chinstraps.
6. Replace jaw pads when damaged. Check for proper installation and fit.
7. Examine 4-point chinstrap for proper adjustment, and inspect to see if it is broken or stretched out of shape; also inspect hardware to see if it needs replacement.
8. Read instructions provided by manufacturer regarding care and maintenance procedures. Always follow these instructions:

CAUTION: Only paints, waxes, decals or cleaning agents approved by the manufacturer are to be used on any helmet. It is possible to get a severe or delayed reaction by using unauthorized materials, which could permanently damage the helmet shell and affect its risk minimization performance.



COACHES MUST HAVE PLAYERS inspect their helmets prior to each usage as follows:

SUSPENSION STYLE

- Check hardware, i.e., screws or rivets that may be loose/missing.
- Check webbing for tears in threads, stretching, or pulling away at rivet locations.
- If crown webbing is adjustable, check that crown rope is properly adjusted and is tied tightly using a square knot.
- Check interior padding for proper placement and condition.

PADDED STYLE

- Foam/Air/Liquid
- Check foam padding for proper placement and any deterioration.
- Check for cracks in vinyl/rubber covering of air, foam, liquid padded helmets.
- Check that protective system or foam padding has not been altered or removed.
- Check for proper amount of inflation in air padded helmets. Follow manufacturer's recommended practice for adjusting air pressure at the valves.
- Check all rivets, screws, Velcro and snaps to assure they are properly fastened and holding protective parts.

If any of the above inspections indicate a need for repair and/or replacement, players must notify the coach at once!

Reducing Brain and Spinal Injuries in Football and Other Athletic Activities

FREDERICK O. MUELLER, Ph.D.
ROBERT C. CANTU, M.D.

Brain and spinal injuries in football have been dramatically reduced since the rules were changed in 1976 to prohibit butt blocking and face tackling, and any other technique in which the helmet and facemask purposely received the brunt of the initial impact. There are still a small number of football players (and fewer in other sports) that become paralyzed, but the lesson to keep the head and face out of blocking and tackling remains.

Generally, about 3 – 5% of the injuries experienced by participants in athletics are concussions, e.g., temporary dizziness, confusion, nausea, headaches, and perhaps unconsciousness. Concussions are given grades from Grade 1 (a hit that dazes for a few minutes to Grade 3 (unconscious). No concussion should be dismissed as minor until proven so by medical personnel. The task is to be sure that the athlete no longer has any post concussion symptoms at rest and exertion before returning to competition. What is now called “the second impact syndrome” with its high rate of morbidity if not mortality is the result of returning to play too soon.

Several suggestions for reducing brain and spinal injuries follow:

1. Preseason physical exams for all participants. Identify during the physical exam those athletes with a history of previous brain or spinal injuries. If the physician has any questions about the athlete’s readiness to participate, the athlete should not be allowed to play.
2. A physician should be present at all games and practices. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of a brain or spinal injury in game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.
3. Athletes must be given proper conditioning exercises which will strengthen their neck muscles in order for them to be able to hold their head firmly erect when making contact. Strong neck muscles may help prevent neck injuries.
4. Coaches should drill the athletes in the proper execution of the fundamentals of the football skills, particularly blocking and tackling. KEEP THE HEAD OUT OF FOOTBALL.
5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.
6. All coaches, physicians and trainers should take special care to see that the players’ equipment is properly fitted, particularly the helmet.
7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.



8. When a player has experienced or shown signs of brain trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he/she should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities. Coaches should encourage players to let them know if they have any of the above mentioned symptoms (that can’t be seen by others, such as headaches) and why it is important.
9. Both athletes and their parents should be warned of the risks of injuries.
10. Coaches should not be hired if they do not have the training and experience needed to teach the skills of the sport and to properly train and develop the athletes for competition.

Following is a list of Post Concussion Signs/Symptoms:

Depression
Numbness/tingling
Dizziness
Poor Balance
Drowsiness
Poor Concentration
Excess Sleep
Ringing in the ears
Fatigue
Sadness
Feel “in fog”
Sensitive to Light
Headache
Sensitivity to Noise
Irritability
Trouble falling asleep
Memory Problems
Vomiting
Nausea
Nervousness

MHSAA Protocol for Implementation of National Federation Sports Playing Rules for Concussions

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The language above, which appears in all National Federation sports rule books, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. This language reflects an increasing focus on safety and acknowledges that the vast majority of concussions do not involve a loss of consciousness.

This protocol is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

1. The officials will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care professional for an exact determination of the extent of injury.
2. If it is confirmed by the school’s designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
3. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not be returned to competition that day but is subject to the return to play protocol.
 - a. Only an MD or DO may clear the individual to return to activity.
 - b. The clearance must be in writing.
 - c. The clearance may not be on the same date on which the athlete was removed from play.
4. Following the contest, an Officials Report shall be filed with a removed player’s school and the MHSAA.
5. In cases where an assigned MHSAA tournament physician (MD/DO) is present, his or her decision to not allow an athlete to return to activity may not be overruled.

SANCTIONS FOR NON-COMPLIANCE WITH CONCUSSION MANAGEMENT POLICY

Following are the consequences for not complying with National Federation and MHSAA rules when players are removed from play because of a concussion:

- A concussed student is ineligible to return to any athletic meet or contest on the same day the concussion is sustained.
- A concussed student is ineligible to enter a meet or contest on a subsequent day without the written authorization of an MD or DO.

These students are considered ineligible players and any meet or contest which they enter is forfeited. In addition, that program is placed on probation through that sport season of the following school year.

For a second offense in that sport during the probationary period – that program is continued on probation through that sport season of the following school year and not permitted to participate in the MHSAA tournament in that sport during the original and extended probationary period.



RETURN TO COMPETITION

This form is to be used after an athlete is removed from and not returned to competition after exhibiting concussion symptoms. MHSAA rules require written authorization from a physician (MD/DO) before an athlete may return to activity after exhibiting concussion symptoms that caused that athlete to be removed for the duration of a contest.

In cases where an assigned MHSAA Tournament physician (MD/DO) is present, his or her decision to not allow a student to return to activity may not be overruled.

Athlete: _____ School: _____

Event/Sport: _____ Date of Injury: _____

REASON FOR ATHLETE'S INCAPACITY

PHYSICIAN'S ACTION

I have examined the named student-athlete following this episode and determined the following:

Permission is granted for the athlete to return to activity (may **not** return to practice or competition on the same day as the injury).

COMMENT: _____

PHYSICIAN'S SIGNATURE (Must be MD or DO) DATE: _____

PHYSICIAN'S NAME (Printed): _____

**Copies to: Team Coach and Athletic Director
Duplicate as Needed**

Michigan High School Athletic Association, 1661 Ramblewood Drive, East Lansing, MI 48823

MHSAA Model Policy for Managing Heat and Humidity

Adopted March 22, 2013

1. **Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity**, take temperature and humidity readings at the site of the activity. Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.
2. **Factor the temperature and humidity into the Heat Index Calculator and Chart** to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.

3. If the Heat Index is below 95 degrees:

All Sports

- o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- o Optional water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

If Heat Index is 95 to 99 degrees:

All Sports —

- o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- o Optional water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

Contact sports and activities with additional equipment:

- o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- o Optional water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

Contact sports and activities with additional equipment:

- o Helmets and other possible equipment removed while not involved in contact.

- **Reduce time of outside activity. Consider postponing practice to later in the day.**

- **Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.**

If Heat Index is 99 to 104 degrees:

All Sports —

- o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- o Mandatory water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

- o Alter uniform by removing items if possible.
- o Allow for changes to dry t-shirts and shorts.
- o Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.

- o Postpone practice to later in the day.
- o Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

Contact sports and activities with additional equipment:

- o Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.
- **Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.**

If Heat Index above 104 degrees:

All Sports

- o **Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.**

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.

— See Next page for Heat Index Chart —

HEAT INDEX CALCULATION AND CHART

Temperature (Fahrenheit)

		79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
Relative Humidity at Site	100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188	195
	99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186	193
	98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184	191
	97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182	189
	96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180	187
	95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179	185
	94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177	183
	93	83	86	89	92	96	99	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175	181
	92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173	179
	91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171	178
	90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170	176
	89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168	174
	88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166	172
	87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164	170
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	82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	136	141	146	151	156	162
	81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155	160
	80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153	158
	79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151	157
	78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150	155
	77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148	153
	76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147	152
75	82	84	85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145	150	
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73	82	83	85	87	89	91	94	96	99	102	105	108	111	115	118	122	126	130	134	138	143	147	
72	82	83	85	87	89	91	93	96	99	101	104	107	111	114	117	121	125	129	133	137	141	146	
71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140	144	
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68	81	83	84	86	88	90	92	94	97	99	102	105	108	111	114	117	121	124	128	132	136	140	
67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135	139	
66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133	137	
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62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128	132	
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59	81	82	83	84	86	87	89	91	93	95	97	99	102	104	107	109	112	115	118	122	125	128	
58	81	82	83	84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124	127	
57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123	126	
56	80	81	83	84	85	86	88	90	92	93	95	98	100	102	105	107	110	113	115	118	122	125	
55	80	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117	120	124	
54	80	81	82	83	85	86	87	89	91	93	94	96	99	101	103	106	108	111	114	116	119	123	
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50	80	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115	118	
49	80	81	82	83	84	85	86	88	89	91	92	94	96	98	100	102	105	107	109	112	115	117	
48	80	81	81	82	84	85	86	87	89	90	92	94	96	97	100	102	104	106	109	111	114	116	
47	80	81	81	82	83	85	86	87	88	90	92	93	95	97	99	101	103	105	108	110	113	115	
46	80	80	81	82	83	84	86	87	88	90	91	93	95	96	98	100	103	105	107	109	112	114	
45	80	80	81	82	83	84	85	87	88	89	91	92	94	96	98	100	102	104	106	109	111	114	
44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	97	99	101	103	106	108	110	113	
43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109	112	
42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	96	98	100	102	104	106	109	111	
41	79	80	81	82	83	84	85	86	87	88	90	91	93	94	96	98	100	101	104	106	108	110	
40	79	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107	109	
39	79	80	81	81	82	83	84	85	86	88	89	90	92	93	95	97	98	100	102	104	106	108	
38	79	80	80	81	82	83	84	85	86	87	89	90	91	93	95	96	98	100	102	104	106	108	
37	79	80	80	81	82	83	84	85	86	87	88	90	91	93	94	96	97	99	101	103	105	107	
36	79	80	80	81	82	83	84	85	86	87	88	89	91	92	94	95	97	99	100	102	104	106	
35	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	95	96	98	100	102	104	106	
34	79	79	80	81	82	82	83	84	85	86	88	89	90	92	93	94	96	98	99	101	103	105	
33	79	79	80	81	82	82	83	84	85	86	87	89	90	91	93	94	96	97	99</				



Note: By its very nature, a “model” policy is intended to be flexible so that when it is being considered for local adoption, local authorities can factor in the details of their unique facilities and schedules as they prescribe the manner in which this heat and humidity management policy is implemented.

Remember that even with rigorous implementation of this policy, the need remains for supervising staff to provide for adequate hydration and rest breaks at all times and places, and to arrange for cooling devices and strategies that respond to heat illness emergencies.

1. Where do I find a device that automatically provides the heat index?

A Most health care professionals with whom schools work know about these devices, called digital psychrometers, and know where to obtain them. Many medical supply stores carry the devices. Even Home Depot does.

If you Google “Devices for measuring heat and humidity,” you will find many options.

The MHSAA has established a relationship with School Health which has provided the accompanying information sheet. Place orders by phone, 866-323-5465, or by fax, 800-235-1305, or by email, orders@schoolhealth.com, or via Web, sportshealth.com. School Health accepts credit card or PO payments or can invoice schools. Discount pricing will be received by referring to the reference code for the particular item, MK90727 (Heat Watch) or MK61253.

–SEE NEXT PAGE FOR FURTHER DETAILS–

2. If I don't have a digital psychrometer that provides the heat index calculation, how do I get readings for temperature and relative humidity, and how do I calculate the heat index?

A A thermometer and humidity gauge will usually be necessary. Get each reading and then refer to the “Heat Index Calculation and Chart” to determine the heat index.

3. Are there cell phone applications that can be utilized?

A There are cell phone applications that can do the calculations. There are also applications that can provide the heat index at certain locations, but those locations are unlikely to be close enough to the actual site of the practice or event to be useful.

Readings will differ indoors and out, on hills or in valleys, on natural grass or artificial turf. These and other variables make it necessary for the person designated to record and file the readings to actually take those readings 30 minutes before and 60 minutes into the activity.

4. Where in the school should the readings be filed?

A They should be placed on a regular and frequent basis in files maintained in the office of the superintendent, principal or athletic director. Those files may be electronic. Coaches might record the readings on their written practice plans which schools should then keep on file.

5. Are there any MHSAA sports or any venues for which the policy is inapplicable?

A Every practice and competition in every sport at every venue is intended to be subject to the policy when the temperature at the venue nears 80°F.

In the case of swimming & diving, the risk is greater to spectators than participants, who compete in water that may be cooler than the air temperature.

While most attention will be given to outdoor sports, do not neglect conditions at indoor venues, such as volleyball in facilities that are not air conditioned.

While most attention will be given to early fall and late spring activities, do not neglect conditions for **winter** sports, such as in the wrestling room.

Sometimes conditions will vary for different aspects of the same competition. For example, one tennis court may be in the shade, and another out of the wind. One part of a cross country course may be much hotter or more humid than other parts. The best course of action is to take the heat index at the place of the most severe conditions.

6. Who and what control when there are multiple devices and different heat index readings at a venue?

A Host management makes the decisions to suspend and to resume activity using those devices or systems usually relied upon at that venue.

7. After a heat index reading that would require delay or suspension of activities, is there a period of time that must pass before activities resume?

A No. Readings can be taken continuously during the delay or suspension of activities. When relief from high temperature and humidity is unlikely, local authorities should be implementing previously-considered contingency plans to relocate events to different venues or reschedule events to different days or times.

8. May a school decide to implement this model policy for practices but not regular season contests?

A Yes. However, MHSAA tournament managers will follow this policy for MHSAA tournament contests.

9. When the temperature at the site of the activity is less than 80°, do we need to check and record the heat and humidity?

A No. When the temperature is less than 80°, there is no combination of heat and humidity that will result in a need to curtail activity.

However, if the temperature is near 80°, it would be prudent to record that temperature in the usual way and to have a digital psychrometer programmed to alert you to increasing temperature or a heat index that prescribes precautions.

10. The Model Policy calls for a heat index reading 30 minutes before and 60 minutes into an activity. How frequently thereafter should the heat index be checked for half-day or day-long events?

A A reasonable expectation is to continue to check every 60 minutes while the temperature is 80°F or higher.



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