

---

Heat-related illness is preventable, yet it is a leading cause of death and injury in high school athletes. All student athletes are susceptible to risks associated with exercising in hot and humid environments. The following procedures are tangible procedures that the Athletic Health Care Team can follow to reduce the risk of injury and illness due to heat as recommended by the National Athletic Trainers' Association.

---

This policy relates to all competitions and practice and/or rehearsal activities occurring on FUSD properties and is recommended for out of district games with consultation with away teams/schools. The decision to cancel, postpone, or suspend a FUSD high school athletic activity in the event of heat may be made by the FUSD Risk Management Department, Associate Superintendent or Designee, site Athletic Trainer, or Athletics Director. This will be done in consultation with the involved coaches and school administration, as well as with the opposing team's coaches, Athletic Trainer, Athletics Director, and school administration in as timely a manner as possible. The following guidelines will be used regarding the heat and recommendations for activity restrictions including practices, conditioning, and competitions.

---

While this protocol is centered on outdoor athletic activities, indoor sports, particularly in hotter times of the year or in facilities where air conditioning may not be available, should be included in the testing procedure.

---

This procedure calls for the monitoring of temperature and humidity on forecasted or



