

Extreme Heat Protocols

When outdoor temperature exceeds 85 degrees, school leaders will monitor and communicate decisions regarding outdoor activities for K-12 Physical Education, K-12 School Sponsored Activities, Recess and Extended Day. The heat index (“real feel/feels like”) will guide decisions. What is heat index? How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined. Also known as “real feel” or “feels like.” Odyssey will use the hourly weather estimates from AccuWeather Palm Bay or the National Weather Service as our resource for heat index temperatures.

Heat Index Guide Designed to help protect students from incurring heat-related illnesses or problems, school personnel will reference the Heat Index Guide to modify and/or suspend outdoor activities. This guide applies to K-12 Physical Education, K-12 School Sponsored Activities, K-5 Recess and Extended Day.

High School Athletics and Marching Band must reference the Zachary Martin Act linked below.

- Heat index is less than 95 degrees – Normal outdoor activities
- Heat index is 95-98 degrees – Outdoor activities should be limited or may be cancelled.
- Heat index is 99 degrees or above – Outdoor activities will be cancelled.

Other considerations:

- Playground equipment should be tested to determine if it is too hot for students to enjoy.
- Hydration should be encouraged frequently before, during and after outdoor activities.
- Heat impacted medical conditions must be considered before participating in outdoor activities.
 - If students are outdoors, teachers should be aware of medical conditions, such as asthma, diabetes, epilepsy, allergies, medications, or other conditions which may place students at higher risk for heat-related illness.
 - Students should not be outside if the parent has advised the school their child should not participate in outdoor activities due to the possibility of heat-related illness.
 - Sunscreen Students may possess and use a topical sunscreen product while on school property without a physician note or prescription if it is approved by the United States Food & Drug Administration for over-the-counter use.

CS/HB 7011 – Student Athletes

Automated External Defibrillators

The bill is cited as the “Zachary Martin Act” and requires each public school that is a member of the Florida High School Athletic Association (FHSAA) to make its automated external defibrillator (AED) available on school grounds in a clearly marked, publicized location for each athletic contest, practice, workout, or conditioning session, including those outside of the school year.

Training for School Employees or Volunteers

The bill requires, beginning June 1, 2021, a school employee or volunteer with current training in cardiopulmonary resuscitation and AED use to be present at each athletic event during and outside of the school year. Each employee or volunteer expected to use an AED must complete this training and be annually notified in writing of each AED’s location.

Heat Stress Monitoring, Hydration, and Cooling Zones

The bill specifies that the FHSAA must:

- Make training and resources available to each member school for the effective monitoring of heat stress;
- Require member schools to monitor heat stress and modify athletic activities based on heat stress guidelines, including making cooling zones available;
- Establish hydration guidelines, including appropriate introduction of electrolytes; and
- Require each school’s emergency action plan to include a procedure for onsite cooling using cold-water immersion or equivalent means before transporting a student for exertional heat stroke.

The bill specifies that each athletic coach and sponsor of extracurricular activities involving outdoor practices or events must annually complete training in exertional heat illness identification, prevention, and response, including effective administration of cooling zones.

Medical Evaluation

The bill requires all students participating in conditioning and activities that occur outside of the school year to pass a medical evaluation prior to participation in such activities each year.

Heat Index Employee and Supervisor Training

Supervisors:

1. Provide information annually to all employees.
2. Develop and implement procedures that must be followed to implement an outdoor heat exposure safety program.
3. Develop and implement procedures that must be followed when an employee exhibits or reports any signs or symptoms of heat illness.
4. Develop and implement procedures that must be followed when transporting an employee who exhibits or reports any signs or symptoms of heat illness to an emergency medical services provider in a timely manner.

When heat index meets or exceeds 90 degrees, supervisors should:

- Provide a 10-minute cool down every two hours
- provide clean and cool water, as well as access to shade
- Offer heat illness prevention class
- Factor in additional personal risk factors for specific outdoor staff and provide accommodations as appropriate

When heat index meets or exceeds 80 degrees, supervisors should:

- Provide shaded, ventilated area

Staff working in agricultural jobs should have breaks provided regularly when the heat index meets or exceeds 80 to 90 degrees.

Employees:

1. Learn about the environmental risk factors for heat illness.
2. Have a general awareness of personal risk factors for heat illness and how an employee can monitor his or her own personal risk factors for heat illness.
3. Understand the importance of loosening clothing and loosening or removing heat-retaining protective clothing and equipment, such as nonbreathable chemical-resistant clothing and equipment, during all recovery and rest periods, breaks, and meal periods.
4. Understand the importance of frequent consumption of cool or cold drinking water.
5. Understand the concept, importance, and methods of acclimatization.
6. Understand the common signs and symptoms of heat illness, including, but not limited to, neurological impairment, confusion, or agitation.
7. Understand the importance of an employee immediately reporting to the employer, directly or through a supervisor, if the employee or a coworker exhibits signs or symptoms of heat illness, and the importance of receiving immediate medical attention for 181 those signs or symptoms.

8. Participate in the employer's outdoor heat exposure safety program and follow related high-heat procedures.

All coaches and appropriate outdoor staff should receive annual Heat Index training. One example of training can be found at the following link: <https://nfhslearn.com/courses/heat-illness-prevention-2>.

All athletics & marching band must follow the guidelines from the Zachary Martin Act: <https://www.flsenate.gov/Committees/billsummaries/2020/html/2173>