

# Zachary Martin Act

## 2 Main Components:

1. Monitoring Heat Stress
2. AED requirements

**Heat Stress** = Wet Bulb Globe Temperature

- Must have a device(s) to measure this
- Key – **Different from regular temperature!**

The WetBulb Globe Temperature (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.

- For any outdoor school-related athletic activity
  - Contests
  - Practices
  - Conditioning
  - Workouts

WBGT	Activity Guidelines
< 82.0	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1	No outdoor workouts. Delay practice until a cooler WBGT is reached or move to an indoor air conditioned environment.

- Adapt. Have plans to adjust if needed.

## Cooling Zones

- Must be available for each outdoor activity (contest, practice, conditioning & workouts)
  - Cold Water Immersion
    - Must be **Immediately** available
    - Need a plan to get water and ice to the tub
  - Additional items
    - Ice sponges, towels, tarps to use as an “ice taco”
- Emergency Action Plan: Key is to cool immediately before transport
  - Must have someone trained in cold water immersion
- Access to electrolytes for extended activities
  - Access for multi-sport athletes
- Rest Break
  - Key – REST! No activity, unlimited hydration

## AED

- Available for all contests, practices, conditioning sessions, and workouts
  - Clearly marked! Where is it? Signs?
- School administration must notify team employees and/or volunteers of locations (annually)
  - Access? Behind a locked door? Most athletic activities occur after hours
- June 1, 2021 = school employee or volunteer must have CPR and AED training and present at all athletic activities