



State of West Virginia
Department of Health and Human Resources
Bureau for Public Health
Office of Emergency Medical Services

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Notification of an addendum to the Environmental Emergencies Heat Exposure Protocol for all Providers:

The West Virginia Secondary School Activities Commission (WVSSAC) has put in place a policy for their schools to follow for heat acclimatization and heat illness policy and procedures. The policy applies to all practice and conditioning activities (in season, out of season, and summer) in which heat illness poses a risk, both outdoor and indoor. This includes the following assessment and treatment for heat exposure emergencies treatment:

“Monitoring of student-athlete safety will be continuous during any physical activity. School staff should be educated on the signs and symptoms of exertional heat illness. The signs and symptoms include, but are not limited to:

Headache, confusion or “out of it” look, disorientation, dizziness, altered consciousness or coma, nausea or vomiting, diarrhea, hot and moist or dry skin. A rectal temperature greater than 104 F at the time of the incident indicates exertional heatstroke.

If a student-athlete is suspected of having an exertional heat stroke, EMS must be called immediately. However, anyone with exertional heat stroke must be COOLED FIRST and then transported by EMS.

A cooling zone must be designated at each practice site. Treatment must include a minimum:

- Removing excess clothing
- Placing patient in a cold-water immersion tub (35-59 F), or ice floating on top of the tub if no thermometer available to check the water temperature
- Placing an ice-cold towel over the head/neck and rewetting/replacing every 2 minutes while in the tub.”

Addendum to the ENVIRONMENTAL EMERGENCIES HEAT EXPOSURE Protocol if the patient is in a cool immersion tub:

BLS –

Assess the patient in the tub and review the ongoing treatment. If needed assist with keeping the athlete's head and neck above water, and with the neck towel that has been soaked in the ice water as noted above.

After the patient has been in the tub for a total time of 10-15 minutes, or at any time the rectal temp is 101.5 (if available), contact Medcom, relay your assessment and begin transporting the patient.

Repeat your assessment (vital signs and mental status) every 5 minutes.

If the patient begins to shiver take the patient’s hands out of the water and gently warm them.

AEMT – Consider NS 250 ml bolus.

Paramedic -

If the patient is shivering contact Medcom for Magnesium Sulfate 2 gm in 100cc NS over 15 minutes.