Cold Water Immersion Policy

5/6/19

When treating a potential Exertional Heat Stroke (EHS), South Brunswick athletics will be properly prepared and equipped to initiate Cold Water Immersion (CWI) or other approved cooling technique. Cooling techniques must be implemented immediately, and concurrently EMS should be contacted. This must be followed during all summer conditioning, preseason practices/contests on school grounds, or when a coach, paid or otherwise, is present. This includes the 1st 21 days of fall practice, and any day the temperature is greater than 80 Degrees Fahrenheit WBGT.

Cold Water Immersion Tub Accessibility

All summer conditioning on school grounds, or when a coach, paid or otherwise, is present, and the 1st 21 days of fall practice, and any day the temperature is greater than 80°F WBGT; it is required that a 150-gallon industrial tub (e.g. Rubbermaid) with water temperature of less than 60°F be filled and accessible for cooling within 5-10 minutes of the practice/competition/event site. External clothing/equipment should be removed prior to cooling or removed immediately after entering the tub. Water should be aggressively stirred during the cooling process.

If the temperature is below 80°F WBGT, mandatory alternative cooling measures of a cooler with ice and towels or a tarp (taco/burrito method) are to be available at the practice/competition/event site.

If the athletic trainer/medical staff is onsite, utilize the principle of Cool First, Transport Second. When cooling, use CWI or other approved cooling technique, until core temperature is at 103°F. If the athletic trainer/medical staff is not onsite, cool immediately until the athlete starts to shiver, or for a minimum of 20 minutes based upon the known cooling rate of 1 degree per 3 minutes. If an athletic trainer/medical staff is not present, EMS assumes control of the EHS patient upon arrival and continues cooling for the minimum of 20 minutes or until rectal temperature is obtained.
# Cold Water Immersion Tub Guidelines

<table>
<thead>
<tr>
<th>WBGT READING</th>
<th>Flag</th>
<th>COLD WATER IMMERSION TUB GUIDELINES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 80.0 Degrees Fahrenheit</td>
<td>Green</td>
<td>Mandatory alternative cooling measures of a cooler with ice and towels or a tarp (taco/burrito method) must be available at the practice, game and event site.</td>
</tr>
<tr>
<td>80.0 - 85.0 Degrees Fahrenheit</td>
<td>Yellow</td>
<td>It is required a 150-gallon cold water immersion tub or a tarp (taco/burrito method) must be filled with water temperature of less than 60°F and accessible for cooling within 5-10 minutes of the practice/contest site. Remove external clothing/equipment prior to cooling or immediately after entering tub. Aggressively stir water during cooling process.</td>
</tr>
<tr>
<td>85.1 - 88.0 Degrees Fahrenheit</td>
<td>Orange</td>
<td>It is required a 150-gallon cold water immersion tub or a tarp (taco/burrito method) must be filled with water temperature of less than 60°F and accessible for cooling within 5-10 minutes of the practice/contest site. Remove external clothing/equipment prior to cooling or immediately after entering tub. Aggressively stir water during cooling process.</td>
</tr>
<tr>
<td>88.1 - 90.0 Degrees Fahrenheit</td>
<td>Red</td>
<td>It is required a 150-gallon cold water immersion tub or a tarp (taco/burrito method) must be filled with water temperature of less than 60°F and accessible for cooling within 5-10 minutes of the practice/contest site. Remove external clothing/equipment prior to cooling or immediately after entering tub. Aggressively stir water during cooling process.</td>
</tr>
<tr>
<td>Over 90 Degrees Fahrenheit</td>
<td>Black</td>
<td>NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached. If the WBGT rises to this level during practice, it is required a 150-gallon cold water immersion tub (or a tarp (taco/burrito method) must be filled with water temperature of less than 60°F and accessible for cooling within 5-10 minutes of the practice/contest site. Remove external clothing/equipment prior to cooling or immediately after entering tub. Aggressively stir water during cooling process.</td>
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Recognition of Exertional Heat Illnesses:

- The two main diagnostic criteria for exertional heat stroke are profound central nervous system (CNS) dysfunction and a core body temperature above 105°F.
- Rectal temperature is the only method of obtaining an immediate and accurate measurement of core body temperature in an exercising individual.

Treatment of Exertional Heat Illnesses:

- The goal for any exertional heat stroke victim is to lower core body temperature to less than 102.5°F within 30 minutes of collapse.
- Cold water immersion is the most effective way to treat a patient with exertional heat stroke. The water should be 35-59°F and continuously stirred to maximize cooling.

Cold Water Immersion Tub set up:

CWI tubs mandated for:
- Football, summer conditioning, and pre-season practices
- Yellow, red, black levels of WBGT (over 80°F)
- Ice, water, towels mandated over 65°F WBGT. Ice, water, towels should be available under 65°F WBGT