

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

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Cold Water Immersion Tub Policy

All schools participating in interscholastic athletics must have a comprehensive, detailed Emergency Action Plan (EAP), including heat injury. When treating a potential Exertional Heat Stroke (EHS), schools must 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.

WBGT READING	Flag	COLD WATER IMMERSION TUB GUIDELINES
Under 80.0 Degrees Fahrenheit	Green	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.
80.0 - 85.0 Degrees Fahrenheit	Yellow	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.
85.1 - 88.0 Degrees Fahrenheit	Orange	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.
88.1 – 90.0 Degrees Fahrenheit	Red	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.
Over 90 Degrees Fahrenheit	Black	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.

TREATMENT OF EXERTIONAL HEAT STROKE

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 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.