

**TIFT COUNTY ATHLETIC DEPARTMENT
GUIDELINES FOR OUTDOOR EXTRACURRICULAR ACTIVITIES DURING
EXTREME HOT AND HUMID WEATHER**

1. Tift County High School, Northeast Campus and 8th Street Middle school shall have and use a digital psychrometer or a similar device to measure heat index conditions. Measurements should be taken at the practice or activity site at regular intervals throughout the practice or activity.
 - a. Athletic teams will be required to measure the heat index temperature prior to outdoor practice through the month of August and other times when conditions warrant. Measurements will be taken by a school athletic trainer or a coach.
2. Practices and games should be held early in the morning or later in the evening to avoid times when environmental conditions are generally more severe.
3. An unlimited supply of cold water shall be available to participants during practices and games.
4. Give adequate rest periods. Remove appropriate equipment or clothing when possible or when conditions warrant.
5. Gradually acclimate participants to the heat. Build up the amount of time spent outside. The length and intensity of practice should be adjusted according to the heat index temperature.
6. Athletic participants should weigh in before practice and weigh out after practice to monitor water loss to identify those who are becoming dehydrated.
7. Participants should wear clothes that are light in weight and color.
8. Students who need careful monitoring include:
 - a. Overweight students
 - b. Students who have done absolutely no exercise at all during preseason conditioning drills.
9. Be familiar with all heat related symptoms and corresponding treatments
10. Be familiar with any emergency and 911 procedures.
11. Be familiar with the Heat Index Temperature Chart and utilize guidelines determining length of practice and rest periods.

Tift County Practice Policy for Heat and Humidity

BY-LAW 2.67 – “Practice Policy for Heat and Humidity

Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
3. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0	Normal activities -- Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
82.0 -86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
87.0 – 89.9	Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each.
90.0--92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
OVER 92	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a "cooling zone" and not in direct sunlight.
4. When the WBGT reading is over 86:
 - a. ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process.
 - b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

DEFINITIONS

PRACTICE: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.

WALK THROUGH: this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment

PENALTIES: Schools violating the heat policy shall be fined a minimum of \$500.00 and a maximum of \$1,000.00.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

SIGNED: _____

ATHLETE

PARENT

DATE: _____
