Dear Parents,

The GHSA mandates that a heat guideline letter be sent out to educate parents, athletes, and coaches on preseason practice guidelines. We no longer go by temperature/heat index alone. The wet bulb reading is now the gold standard in monitoring heat. It takes into account evaporation/wind along with the temperature and humidity. We have a weather station here at the school that monitors the wet bulb and alerts us at certain levels when to modify practice or cancel/postpone practice if need be. We take into account the hottest part of the day and plan accordingly so your child is not outside during these times.

By-Law 2.67 - Practice Policy for Heat and Humidity:
(a) Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (including during the summer) 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 levels that will result in practice being terminated

(b) A scientifically-approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice to ensure that the written policy is being followed properly. WBGT readings should be taken every hour, beginning 30 minutes before the beginning of practice.

WBGT ACTIVITY GUIDELINES AND REST BREAK GUIDELINES
Under 82.0 ................. Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the 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 with a minimum duration of 4 minutes each.

87.0 - 89.9 ................. Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during
conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.

90.0 - 92.0 .................. Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.

Over 92.1 .................... No outdoor workouts. Delay practice until a cooler WBGT level is reached.

(c) Practices are defined as: 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 practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason, the “clock” on that practice will stop and will begin again when the practice resumes.

(d) Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in “voluntary workouts.”

(e) A walk-through is not a part of the practice time regulation, and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full-speed drills may be held.

(f) Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a “cool zone” where players are out of direct sunlight.

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

FOOTBALL SECTION - Page 65 - D
Football Preseason Practice Regulations:
1. Football practice may begin five consecutive weekdays prior to August 1. In the first five days of practice for any student, the practice shall not last longer than 2 hours, and the student shall wear no protective gear except for helmet and mouthpiece. Note: The time for a session shall be measured from the time the players report to the field until they leave the field.

2. Beginning August 1, any student may practice in full pads and may practice two times in a single calendar day under the following stipulations:
a. A student must have participated in five conditioning practices wearing no protective gear other than helmet and mouthpiece before being allowed to practice in full pads.

b. If multiple workouts are held in a single day:
   (1) No single session may last longer than 3 hours
   (2) The total amount of time in the two practices shall not exceed 5 hours
   (3) There must be at least a 3-hour time of rest between sessions
   (4) There may not be consecutive days of two-a-day practices. All double-session days must be followed by a single-session day or a day off

c. These procedures are derived from recommendations created by the Inter-Association Task Force for Preseason Secondary School Athletics Participants in the research paper "Preseason Heat-Acclimatization Guidelines for Secondary School Athletics."

FLUID REPLACEMENT AND DEHYDRATION

- Athletic performance declines with dehydration, beginning with a fluid loss equaling one to two percent of the athlete’s body weight.
- It is important for all athletes to begin each exercise session well hydrated.
- Rehydration should consist of water, carbohydrates, and electrolytes, as all are lost during exercise.
- Athletes should never be punished through the restriction of fluids.

Post-Exercise Rehydration should consist of 16-20 ounces (2-2.5 cups) of fluid for every pound lost during exercise will help achieve normal fluid state.

One quick way to check hydration status is if urine is dark yellow/orange then you are dehydrated. Urine should be clear. If you are thirsty then you are in the beginning stages of dehydration.

The Hazards of Excessive Heat

During extremely hot and humid weather the body's ability to cool itself is affected. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and heat-related illnesses may develop.

Heat-related illnesses can range from heat cramps to heat exhaustion to more serious heat stroke. Heat stroke can result in death and requires immediate medical attention.

Factors or conditions that can make some people more susceptible to heat-related illnesses include age (older adults and young children), obesity, fever, heart disease,
mental illness, poor circulation, prescription drug and alcohol use, and sunburn. Sunburn, caused by ultraviolet radiation from the sun, can significantly retard the skin's ability to shed excess heat.

Heat-Related Illness Symptoms and First Aid

HEAT CRAMPS

- **Symptoms:**
  - Painful muscle cramps and spasms usually in legs and abdomen
  - Heavy sweating
- **First Aid:**
  - Apply firm pressure on cramping muscles or gentle massage to relieve spasm.
  - Give sips of water, if nausea occurs, discontinue water

HEAT EXHAUSTION

- **Symptoms:**
  - Heavy sweating
  - Weakness
  - Cool, pale, clammy skin
  - Weak pulse
  - Possible muscle cramps
  - Dizziness
  - Nausea and vomiting
  - Fainting
  - Normal temperature possible
- **First Aid:**
  - Move person to a cooler environment
  - Remove or loosen clothing
  - Apply cool, wet cloths
  - Fan or move victim to air conditioned room
  - Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sunstroke)

- **Symptoms:**
  - Altered mental state
  - Possible throbbing headache, confusion, nausea, dizziness, shallow breathing
  - High body temperature (106°F or higher)
  - Skin may be hot and dry, or patient may be sweating
  - Rapid pulse
  - Possible unconsciousness
• First Aid:
  o Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.
  o Immersion into ice water
  o Ice packs to groin and armpits.
  o Move the victim to a cooler, preferably air-conditioned, environment
  o Reduce body temperature with a water mister and fan or sponging
  o Use fan if heat index temperatures are below the high 90s
  o Use extreme caution
  o If temperature rises again, repeat process
  o Do NOT give fluids

We have hydration stations setup during practice as well as a pavilion for shade that provides misting.

Your child’s safety comes first.

L.M. Guy
Athletic Director and Head Football Coach
Toombs County High School

I HAVE READ AND UNDERSTAND THE HEAT GUIDELINES AND PROCEDURES POLICY AND UNDERSTAND THE FACTS PRESENTED IN IT.

Student Signature: ______________________________ Date: _________________

Parent Signature: ______________________________ Date: _________________