

Effective: 9/20/2012

Pike County Schools will 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. Coaches must go over this information with their players in addition to sending the signed policy statement home to the parents/guardians.

The following information can be found under:

1. FOR ALL SPORTS: under the title of "Practice Policy for Heat and Humidity" that is found on both the GHSA Home Page (upper left margin) and on the Sports Medicine Page. **the GHSA website.**
2. FOR FOOTBALL: under the title of "Football Preseason Practice Regulations: and this is found on the Football page: **as stated on the GHSA website.**

See this link: <https://www.ghsa.net/sites/default/files/documents/sports-medicine/HeatPolicy2018.pdf>

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

Wet Bulb Globe Temperature (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. 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
87.0 -89.9	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.
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

Note: Must be measured with an approved WBGT instrument

HYDRATION AND REST BREAKS GUIDELINES:

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:

1. 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.
2. 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.

BY-LAW 2.67—"Practice Policy for Heat and Humidity

Attachments: Heat Index Measurement and Record for Head Coaches

<http://www.pike.k12.ga.us>, Documents