

## Football Practice Regulations with Heat

New guidelines are currently in place regarding heat and football practices. Please note the following changes and make sure that as a Head Coach your team is adhering to these policies. There will be no variance from these stated guidelines.

### Acclimatization

- All football players **MUST** undergo a 5 day acclimatization process before participating in pads.
- This acclimatization process **MUST** take place 5 consecutive days. (It may wrap around a weekend).
- These practices are limited to 2 hours maximum.
- Athlete can only wear Helmet and Mouthpiece during these 5 days.
- Athletes who begin participation after practices have begun **MUST STILL** complete the acclimatization process.

### Practice Components/Restrictions – Hydration/Cooling

- All rest times should be in cool zones with an unlimited hydration opportunity and out of direct sunlight.
- Cooling of athletes should be done via cold sponge (Not towels) to prevent MRSA.
- The GHSA matrix is to be used for practice/heat guidelines on when practice can occur and under what conditions.

### Wet Bulb Globe Temperature Readings

- An approved device will be provided by the CCFL to every CCPRD Park.
- When conditions warrant, Wet Bulb Readings are to be mandatory and taken every 20 minutes and recorded.
- The Wet Bulb Reading log should be available for review by the Athletics Division administrator or upon demand.

<b>WBGT READING</b>	<b>ACTIVITY GUIDELINES &amp; REST BREAK GUIDELINES</b>
<b>UNDER 82.0</b>	Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
<b>82.0 -86.9</b>	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.
<b>87.0 – 89.9</b>	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
<b>90.0--92.0</b>	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.
<b>OVER 92</b>	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

## **Guidelines for Athletics Activities during Extreme Heat and Humid Conditions**

1. Each Clayton County Athletics park shall have and use a **wet bulb global temperature device** for measuring environmental factors. All activities will monitor and follow guidelines.
2. Practices should be held early later in the evening when possible to avoid times of severe environmental conditions.
3. An unlimited supply of cold water should be available to participants during practices and games.
  - Any request by a student to receive water will be granted without question by a coach or supervisor.
  - Hydration and fluid replacement is a daily process. Students should hydrate themselves before, during and after activity. Meals should include an appropriate amount of fluid intake.
4. Give adequate rest periods.
  - Football Players shall be allowed to remove their helmets.
  - **Rest should be in a shaded area out of direct sunlight.**
  - Shoulder pads should be removed if conditions warrant.
5. Gradually acclimatize participants to the heat.
  - Research indicates 80% acclimatization may be achieved in 7-10 days, but can take up to 14 days.
  - **All Players MUST have a 5 day acclimatization period where only helmets and mouthpieces can be worn prior to participating in full equipment.**
  - The length and intensity of practices should be adjusted according to the WBGT.
6. Athletic participants should wear clothes that are light in color and weight.
7. Students who need careful monitoring include:
  - Overweight students
  - Weight control problems (fluctuations)
  - Those taking over-the-counter and prescription medicines
  - Students who have done NO exercise at all
8. Be familiar with heat related symptoms and corresponding treatments
9. Be familiar with any emergency and 911 procedures
10. Monitor students after activities for needed medical attention.

**In an emergency...Cool First! Transport Second!**

## Heat Illness Symptoms and Treatments

<u>Heat Illness</u>	<u>Definition/Description</u>	<u>Signs/Symptoms</u>	<u>What to do</u>
Muscle (heat) Cramps	Occurs during or after intense exercise. Athlete will experience acute, painful, involuntary muscle contractions typically in the arms, legs or abdomen.	Dehydration Thirst Fatigue Sweating Muscle Cramps	Stop activity and sit quietly in a cool place.  Drink clear juice or sports drink  Do not engage in exercise/strenuous activity for a few hours after cramps subside, as this may lead to heat exhaustion or heat stroke.  Seek medical attention if heat cramps do not subside in 1 hour.
Heat Syncope	Occurs as result of exposure to high temperatures. Typically, occurs during the first 5 days of acclimation to physical activity in the heat. May also occur after a long period of standing after physical activity.	Dehydration Fatigue Fainting Lightheadedness Tunnel Vision Pale or sweaty skin Decreased pulse rate	Lie down in cool place  Drink clear juice or sports drink.  Cool core temperature with cold wet cloth.
Heat Exhaustion	The inability to continue exercising that is associated with heavy sweating, dehydration, energy depletion, and sodium loss.	Normal or elevated body-core temp (97-104)  Dehydration Dizziness Headache Nausea Weakness Persistent muscle cramps Profuse sweating Chills Cool, clammy skin	Seek medical attention immediately if symptoms are severe.  Attempt to cool the athlete using cool beverages, rest, cool shower or bath, move to an air conditioned environment, and wearing light clothing.
Heat Stroke	Life-threatening unless promptly recognized and treated. Occurs as a result of prolonged heat exposure while engaging in physical activity. Symptoms are a result of the body when it is no longer able to regulate temperature naturally	Same symptoms as heat exhaustion: Core body temp (>104) Change in mood Increased heart rate confusion	Symptoms evident: call 911 immediately  Move athlete to shady area  Cool athlete rapidly using whatever methods possible. Ice, cool cloth, cool shower, spray with water.  Monitor and cool athlete until core temp is between 101-102



