

2.67 Practice Policy for Heat and Humidity:

- a. Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (this policy is year-round, 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. Football Only: Acclimatization and Re-Acclimatization (prior to October 1st)
 1. Acclimatization
 - a. Football practice may begin five consecutive weekdays prior to the start date for football.
 1. In the first five days of practice for any student, the practice may not last longer than two (2) hours, and the student may wear no other protective football equipment except helmet and mouthpieces. NOTE:
 - a. The time for a session shall be measured from the time the players report to the practice or workout area until they leave that area.
 - b. During acclimatization practices, teams may hold a walk-through as long as there is at least a three-hour break between the two activities.
 2. Re-Acclimatization – Required for any athlete who misses five (5) consecutive days of practice for any reason.
 - a. Day 1: 1.5 hours conditioning - helmets only
 - b. Day 2: 2 hours practice - helmets only
 - c. Day 3: 2.5 hours practice with helmets and shoulder pads
 - d. Day 4: 2.5 hours practice with full pads
 - e. Day 5: 2.5 hours practice with full pads or play a game
- c. A scientifically-approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice (prior to October 1) to ensure that the written policy is being followed properly. WBGT readings should be taken at a minimum of every 30 minutes, beginning 30 minutes prior to the start of practice. All WBGT monitors shall be calibrated, at a minimum, every two (2) years or earlier if recommended by the manufacturer.

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 92.0 No outdoor workouts. If practice has not started, delay the start of practice until a cooler WBGT level is reached.

- d. 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.
- e. 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.” Conditioning activities are not permitted to be used as punishment.
- f. 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.
- g. 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.
- h. When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the “cool zone” to aid the cooling process AND cold immersion tubs must be available for the benefit of any player showing early signs of heat illness. In the event of a serious EHI, the principle of “Cool First, Transport Second” should be utilized and implemented by the first medical provider onsite until cooling is completed (core temperature of 103 or less).