

East Coweta High School Practice Procedures for High Heat and Humidity

The Coweta County School System and East Coweta High School are concerned about the health and safety of all student athletes. In accordance with GHSA regulations, Coweta County Schools and East Coweta High School have developed High Heat and Humidity Practice Procedures. These procedures follow GHSA and American College of Sports Medicine recommendations. All coaches and athletic trainers are required to follow all procedures and mandates in order to insure the health and safety of all student athletes.

The safety of student athletes is a top priority of coaches, trainers and administrators at East Coweta High School. By adhering to the procedures outlined and with proper nutrition, hydration and conditioning of athletes, the risk of heat related injuries can be minimized.

Return this page signed and dated to the athletic office or to your head coach

Certificate of Receipt for Practice Procedures for High Heat and Humidity

By signing below I, _____ parent/guardian of

_____, acknowledge that I have received a copy of the

Practice Procedures for High Heat and Humidity for my child's school. I understand that I may contact the head coach or the athletic director if I have any questions.

Parent Signature _____ Date _____

GHSA- Practice Procedure for High 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 rests 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 rests 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

GHSA GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time should involve both unlimited hydration intake and rest without any activity.
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.

COOL ZONES FOR FALL AND SPRING SPORTS

Each fall and spring sport is required to have a designated “cool zone” and “cooling station”. Below are the cool zones and cooling station locations for each athletic team at East Coweta High School that practice in the fall or spring.

BASEBALL- Baseball locker room.

CHEERLEADING- Training room inside the main building.

CROSSCOUNTRY- Training room inside the main building.

FOOTBALL- Field house located next to the football practice fields.

GOLF- Clubhouse of golf course.

LACROSSE- Inside the elementary schools at which they practice.

SOCCER- Boys in the training room inside the main building. Girls in the Athletic Office conference room.

SOFTBALL- Softball clubhouse and dugouts.

TENNIS- Athletic Office Conference room.

TRACK-Field house located in the stadium.

VOLLEYBALL- Athletic Office conference room.

HEAT INDEX MEASUREMENT AND RECORD

East Coweta High School will use the GHSA Heat Index Measurement and Record Form to record all WBGT readings. Readings will be taken at the start of practice and at the discretion of the athletic trainer. A copy of the form will be kept on file and submitted to the athletic director daily.

FLUID REPLACEMENT AND HEAT ILLNESS INFORMATION

Every athlete is given educational information on Fluid Replacement Guidelines and Heat Illness Symptoms and Treatments. Parents/Guardians and athletes should use this information to assist in recovery from practices in warm weather conditions

FLUID REPLACEMENT INFORMATION

(National Athletic Trainers Association-NATA)

Weight Lost During Workout

Fluid Amount Needed to Refuel

2 pounds	32 oz. (4 cups or 1 sports drink bottle)
4 pounds	64 oz. (8 cups or 2 bottles)
6 pounds	96 oz. (12 cups or 3 bottles)
8 pounds	128 oz. (16 cups or 4 bottles)

Athletes should hydrate during the school day prior to practice or competition.

Guidelines for hydration during exercise

1. Drink 16-24 oz. of fluid 1 to 2 hours before the workout or competition.
2. Drink 4-8 oz. of water or sports drink during every 20 minutes of exercise.
3. Drink before you feel thirsty. When you feel thirsty, you have already lost needed fluids.

HEAT ILLNESS SYMPTOMS AND TREATMENTS

(National Athletic trainers Association-NATA)

Heat Cramps

Symptoms

1. Muscle symptoms caused by an imbalance of water and electrolytes in muscles.
2. Usually affects the legs and abdominal muscles.

Treatments

1. Rest in cool place.
2. Drink plenty of fluids
3. Proper stretching and massaging
4. Application of ice in some cases

Heat Exhaustion

Symptoms

1. Can be precursor to heat stroke.
2. Normal to high temperature.
3. Heavy sweating.
4. Skin is flushed or cool and pale.
5. Headaches, dizziness.
6. Rapid pulse, nausea, weakness
7. Physical collapse may occur.
8. Can occur without prior symptoms, such as cramps.

Treatments

1. Get to a cool place immediately.
2. Drink plenty of fluids.
3. Remove excess clothing.
4. In some cases, immerse body in cool water.

Heat Stroke

Symptoms

1. Body's cooling system shuts down.
2. Increased core temperature of 104 degrees or greater.
3. Sweating stops.
4. Shallow breathing and rapid pulse.
5. Possible disorientation or loss of consciousness.
6. Possible irregular heartbeat and cardiac arrest.
7. If untreated could cause damage to brain or internal organs, and even death.

Treatments

1. Call 911 immediately.
2. Cool bath with ice packs near large arteries such as neck, armpits and groin.
3. Replenish fluids by drinking or intravenously.