

## WOODWARD ACADEMY HEAT AND HUMIDITY POLICY

In an effort to prevent heat-related illness during outdoor activities and in accordance with the Georgia High School Association (GHS) By-Laws and Constitution, Woodward Academy will follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity. An acknowledgement will be signed by each head coach at the beginning of each school year 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. Heat illness and injury is affected by multiple factors including ambient temperature, humidity, wind speed and solar radiant energy. WBGT is used in athletic and military settings because the reading combines all of these factors, including the sun's radiant energy.

Certified Athletic Trainers and/or coaches will be responsible for reading and communicating the WBGT assessment before and during practice times. The WBGT monitoring device will be checked and recorded approximately every 30 minutes as conditions can change throughout any single practice session. Please note: coaches will be responsible for measuring and recording of conditions as well as appropriate activity levels during voluntary summer workout programs.

The WBGT guidelines do not apply to scheduled GHS competitions. The event game officials are responsible for determining safe conditions.

*("Helpful Tips For A Safe Practice" & "Heat Illness Symptoms and Treatments" are not a part of the GHSA policy but provided as a resource for coaches)*

## GHSA PRACTICE POLICY FOR HEAT AND HUMIDITY

WBGT Reading	Activity Guidelines and Rest Break Guidelines
<b>Under 82.0° Green</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° Yellow</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° Orange</b>	Maximum practice time is two hours. <u>For Football</u> : players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour of a minimum of four minutes each.
<b>90.0° - 92.0° Red</b>	Maximum length of practice is one hour. <u>For Football</u> : no protective equipment may be worn during practice and there may be no conditioning activities. <u>For All Sports</u> : There must be 20-minutes of rest breaks provided during the hour of practice.
<b>92.1° and Higher Black</b>	No outdoor workouts. Delay practice until a cooler WBGT reading occurs.

1. 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.
2. 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."
3. 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.
4. 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.

## **FOOTBALL PRESEASON PRACTICE REGULATIONS (as dictated by GHSA rule):**

Football practice may begin five consecutive weekdays prior to August 1st.

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.

(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 two-hour break between the two activities.

2. Beginning August 1st, any student may practice in full pads and may practice a maximum of two times in a single calendar day under the following stipulations:

(a) A student must have participated in five conditioning practices wearing no other protective football equipment except helmet and mouthpieces before being allowed to practice in full pads.

(b) If two workouts are held in a single calendar day:

(1) No single session may last longer than three (3) hours.

(2) The total amount of time in the two practices shall not exceed five (5) hours.

(3) There must be at least a three-hour time of rest between sessions.

(4) There may not be consecutive days of two-a-day practice sessions. All double-session days must be followed by a single-session day or a day off.

(5) A walk-through may not be held on days when two practices are conducted.

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

## HELPFUL TIPS FOR A SAFE PRACTICE

- **An unlimited supply of cold water or other hydration fluids shall be available and accessible during practices and games.**
  - Coaches and personnel should inform all participating athletes that hydration is available and accessible at any point during activity.
  - Hydration and fluid replacement is a daily process. Students should hydrate before, during, and after practice. Meals should include the appropriate amount of fluid intake in addition to a healthy diet.
- **Give adequate rest periods. Remove excess equipment when possible. Exposed skin cools more efficiently.**
  - During rest periods, baseball, football, or softball players should be allowed to remove helmets.
  - Excess pads should be removed if conditions warrant.
  - Shorts and t-shirts should be light in weight and in color.
- **Gradually acclimatize participants to the heat**
  - Research indicates 80% acclimatization may be achieved in 7-10 days, but it may take up to 14 days.
  - Full acclimatization occurs on an individual basis.
- **IDENTIFY students who need to be closely monitored.**
  - Previous pertinent medical history (known to cramp, asthma etc...)
  - Recent illness, such as the flu or diarrhea
  - Athletes with a weight control problem
  - Athletes taking contra-indicated medications
  - Athletes taking over the counter supplements
  - Athletes who have been inactive during preseason
  - Transfer students whose history is not known
- **Be familiar with all heat related symptoms and corresponding treatments. See attachment**
- **Be familiar with the Wet Bulb Globe and Activity Guidelines to determine length of sessions and rest periods.**
- **Teach the athletes about the dangerous heat illness signs and symptoms and how to monitor other teammates.**
- **Teach athletes about prevention, such as dietary guidelines, and self-monitoring, such as urine color observation.**

## HEAT ILLNESS SYMPTOMS AND TREATMENTS

Heat illness is used to define several types of injuries suffered when an individual experiences a rising core body temperature and bodily dehydration. The table below is a guide to heat induced illness, recognition of symptoms, and recommendations for treatment. These injuries do not appear in stages, one can occur without any evidence of the other.

Affliction	Symptoms	Treatment
<p><b>Heat Cramps:</b> High sweat output from intense activity causes an imbalance of electrolytes in skeletal muscle tissue. This imbalance causes involuntary cramps, common in the legs and abdominals.</p>	<ul style="list-style-type: none"> <li>-Affected muscle group will tighten causing pain</li> <li>-Athlete may not have control over muscle spasms</li> </ul>	<ul style="list-style-type: none"> <li>- Remove from activity</li> <li>- Drink oral electrolytes</li> <li>- Proper stretching and massaging</li> <li>- Application of ice in some cases</li> </ul>
<p><b>Heat Exhaustion:</b> A person is unable to sustain level of activity. Heat exhaustion may occur in a variety of environments, and sometimes the person will collapse.</p>	<ul style="list-style-type: none"> <li>- Normal to high temperature</li> <li>- Heavy sweating, heavy breathing</li> <li>- Skin is flushed or cool and pale</li> <li>- Headaches, dizziness</li> <li>- Rapid pulse, nausea, weakness</li> <li>- Physical collapse may occur</li> </ul>	<ul style="list-style-type: none"> <li>-Place in the shade</li> <li>-Administer oral electrolytes</li> <li>- Remove excess clothing</li> <li>- In some cases, immerse body in cold water</li> <li>- If symptoms do not improve seek additional medical assistance.</li> </ul>
<p><b>Heat Stroke:</b> Energy output from the body systems is not properly dispersed, causing a rise in core body temperature to 104°F or greater. If untreated, it can cause brain damage, internal organ damage, and even death.</p>	<ul style="list-style-type: none"> <li>-Disorientation, confusion, dizziness</li> <li>-Loss of balance and muscle function</li> <li>-Diarrhea, vomiting, seizures</li> <li>- Sweating stops</li> <li>- Shallow breathing and rapid pulse</li> <li>- Possible disorientation or loss of consciousness</li> <li>- Possible irregular heartbeat and cardiac arrest</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Call 911 immediately</b></li> <li>-<b>Cool body before ambulatory transfer</b></li> <li>- Cold bath with ice packs near large arteries, such as neck, armpits, groin</li> <li>-Monitor level of consciousness</li> <li>-If conscious and alert, administer oral rehydration</li> </ul>