



GHSAA Heat and Humidity Policy For ALL Sports

The Georgia High School Association (GHSAA) has established a Practice Policy for Heat and Humidity that provides guidelines for practices. This policy takes into account temperature, humidity and other environmental factors. Depending on conditions, practices may be unaffected, shortened or cancelled.

These guidelines are in a table below for your reference. The GHSAA has also instituted Football Preseason Practice Regulations that dictate the number, length and dress for football practices. Those guidelines are also below:

(All Sports) 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.

(Football Only Specifics) Preseason Practice Regulations

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

1. In the first five days of practice for any student, the practice shall not last longer than 2 hours, and the students shall not wear more than shorts, helmet, mouth piece, and shoes. (Note: the time for a session shall be measured from the time the players resort to the field until they leave the field.)
2. Beginning August 1st, any student may practice in full pads and may practice two times in single calendar day under the following stipulations
 - a. A student must have participated in five conditioning practices wearing shorts and helmet before being allowed to practice in full pads
 - b. If multiple workouts are held in a single day: i. No single session may last longer than 3 hours, ii. The total amount of time in the two practices shall not exceed 5 hours, iii. There must be at least a 3 –hour time of rest between session days must be followed by a single session day or a day off
 - c. These procedures are derived from recommendations created by the Inter - association task force for preseason secondary school athletics participants in the research paper -“Preseason Heat –Acclimatization Guidelines for Secondary School Athletics.”

This letter has been sent home so that parents and other guardians are aware of the steps being taken to protect our student-athletes when practicing in the heat and humidity. Any question should be directed to the head coach, athletic director, or athletic trainer.

Please sign below to indicate that you have read and understand these policies.

Players Name **(Print)**: _____ Parent\Guardian Signature: _____

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