

1. BY-LAW 2.67 – “Practice Policy for 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.

FLAG	WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
GREEN	UNDER 82.0	Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
YELLOW	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 of a minimum of four minutes duration each.
ORANGE	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 rest breaks each hour of a minimum of four minutes each
RED	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.
BLACK	OVER 92	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
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.

PENALTIES: Schools violating the heat policy shall be fined a minimum of \$500.00 and a maximum of \$1,000.00.

Football Preseason Practice Regulations

Submitted by stevefig on Wed, 03/21/2012 – 1:56pm

- [Football](#)

The following regulations were adopted by the State Executive Committee at its meeting on March 19, 2012 and go into effect for the 2012–13 school year:

Football practice may begin five consecutive weekdays prior to August 1st (July 25th in 2012).

1. In the first five days of practice for any student, the practice shall not last longer than 2 hours, and the student shall not wear more than shorts, helmet, mouthpiece, and shoes. (NOTE: The time for a session shall be measured from the time the players report 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 sessions
 - iv. There may not be consecutive days of two-a-day practices. All double-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.”