



**GUIDELINES FOR OUTDOOR ATHLETIC/  
EXTRACURRICULAR ACTIVITIES DURING EXTREME HOT  
AND HUMID WEATHER**

Revised June 2015



***The following are the Paulding County School District guidelines for outdoor extracurricular activities during extreme hot and humid weather.***

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***Head Coach/Band Director***

***As the parent of \_\_\_\_\_, I verify that I have been informed of the Paulding County School District guidelines for outdoor extracurricular activities during extreme hot and humid weather.***

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***Parent Signature***

***Date***

Please return signed and dated form to the head coach or band director.

## **GUIDELINES FOR OUTDOOR EXTRACURRICULAR ACTIVITIES DURING EXTREME HOT AND HUMID WEATHER**

\* The head coach of each of these teams (football, cross-country, marching band and softball) will hold a parent meeting prior to the first practice. Among the other issues, the PCSD guidelines for outdoor extracurricular activities during extreme hot and humid weather must be shared. Coaches should have parents sign the form and keep them on file for the season. **No student should be outside on the practice field without a signed form on file.**

\* Each school shall have and use a digital psychrometer for the following activities: football, cross-country, band and softball. The digital psychrometer is used to measure the Wet Bulb Global Temperature (WBGT), which is derived by evaluating the combined dry air temperature, humidity, ground radiated heat and the wind speed at that particular location. Conditions are subject to change during the practice/activity; therefore, measurements should be taken at regular intervals throughout the practice/activity. (**every 30 mins**) Measurements should be taken at the practice/activity site.

a. All Activities: Monitor and follow all guidelines.

b. Will be required to measure and document the Wet Bulb Global Temperature (WBGT) **at least** through the month of September, during football spring practice in May, and other times when conditions warrant. This can be done by the school athletic administrator, athletic trainer or a football coach. A reading should be done every **30 minutes** and recorded on the county provided form. These forms will be kept on file at the school throughout the season. **Each activity will also send copies of their weekly recordings to the District Athletic Director.**

\* Practices (prior to school starting) and/or games should be held early in the morning and later in the evening to avoid times when environmental conditions are generally more severe.

Once school begins, athletes in the outdoor sports shall be allowed to have water bottles with them during the day. If the students create a disruption with the water, the principal will have the discretion to appropriately deal with the situation.

\* An unlimited supply of cold water shall be available to participants during practices and games.

a. Coaches/Supervisors shall inform all students participating that cold water is always available or accessible and they will be given permission anytime he/she asks for water.

b. Hydration and fluid replacement is a daily process. Students should hydrate themselves before, during, and after practice. Meals should include an appropriate amount of fluid intake in addition to a healthy diet.

\* Give adequate rest periods. Remove appropriate equipment or clothing when possible. Exposed skin cools more efficiently.

a. Football players shall be allowed to remove helmets.

b. Shoulder pads should be removed if conditions warrant.

\* Gradually acclimatize participants to the heat.

a. Research indicates 80% acclimatization may be achieved in 7-10 days, but could take up to 14 days. In some cases, it may take several weeks to become fully

acclimated. (GHSA has provided 5 days of acclimatization for Football. These must be 5 consecutive week days.

b. The length and intensity of practice should be adjusted according to the WBT until acclimatization occurs.

\* Athletic participants should weigh in before practice and weigh out after to monitor water loss to identify those who are becoming dehydrated. **(REQUIRED FOR FOOTBALL through August; Optional for other sports) A 3% weight loss chart is included in this packet. Loss of 3% or 3 pounds of total body weight will result in suspension of participation until the weight has been regained. All exclusions will be documented and that athlete will be identified as high risk.**

\* Participants should wear clothes that are light in weight and color.

\* Students who need careful monitoring include:

- a. Overweight students
- b. Weight control problems (fluctuation)
- c. Those taking over-the-counter and prescription medication
- d. Students who have done absolutely no exercise at all

\* Be familiar with all heat related symptoms and corresponding treatments.

\* Be familiar with any emergency and 911 procedures.

\* Be familiar with the Wet Bulb Global Temperature Chart and utilize guidelines determining length of practice and rest periods.

\* Any directives from the Central Office must be strictly followed.

\* ***If an athlete's doctor informs the coaching staff or athletic trainer in writing that the athlete has suffered a heat-related illness during the season, the athlete MAY NOT participate until the doctor clears the athlete in writing.***

\* ***Please note: Being in the Metro Atlanta Area we are also faced with Smog Alert issues. In addition to our established Heat Guidelines, the District Office will monitor local heat/smog conditions. Taken into account will be any National Weather Service Heat Advisories, Metro Atlanta Smog Alerts, WBGT readings, and information from surrounding school districts. Based on this information, The District may advise additional restrictions.***

\* Any questions or concerns should be addressed to Don Breedlove, Director of Athletics at (770) 443-8000.

### **COMBATING HEAT STROKE**

- Each athlete should have a complete physical examination with medical history and an annual health history update. History of previous heat illness and type of training activities before organized practices should be included.
- Acclimatize athletes to heat gradually by providing graduated practice sessions for the first seven to 10 days and other abnormally hot or humid days.
- Know both the temperature and the humidity since it is more difficult for the body to cool itself in high humidity. Use of digital psychrometer is required to measure the relative humidity. Anytime the wet-bulb-temperature (WBGT) is over 82 degrees, practice should be altered (refer to the Wet Bulb Global Temp Chart). When the WBT reaches 92.1 degrees, no outdoor practice is allowed.

- Even though the Wet Bulb Temp (WBT) is within safe parameters, use extreme caution whenever the outside temperature is 82 degrees or higher.
- Adjust activity level and provide frequent rest periods. Rest in cool, shaded areas with some air movement and remove helmets and loosen or remove jerseys. Rest breaks should be followed as listed on the WBGT chart.
- Provide adequate cold water replacement during practice. Water should always be available in unlimited quantities. Give water regularly.
- Coaches should not provide salt tablets.
- Clothing is important and a player should avoid using long sleeves, long stockings and any excess clothing. Never allow use of rubberized clothing or sweat suits.
- Some athletes are more susceptible to heat injury. These individuals are not accustomed to work in the heat, may be over-weight or may be the eager athlete who constantly competes at his capacity. Athletes with previous heart problems should be watched closely.
- Be familiar with the attached chart of heat illness symptoms and treatments.
- Parents and coaches should continually remind each athlete of their responsibility of eating well and drinking plenty of water during the day prior to practices.
- Athletes are to be continually reminded to let a coach know immediately if they feel different in the slightest way. A coach should then give them immediate attention.
- Athletes should be made aware that they can get water AT ANY time they request it during a period of extreme heat.



### **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.

### WET BULB GLOBAL TEMPERATURE CHART

WET BULB GLOBAL TEMPERATURE READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
<b>UNDER 82.0</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</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</b>	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
<b>90.0—92.0</b>	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.
<b>OVER 92</b>	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

## GEORGIA HIGH SCHOOL ATHLETIC ASSOCIATION HEAT INDEX MEASUREMENT AND RECORD

### 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.

ADDITIONAL RECOMMENDATIONS FOR SPECIFIC SPORTS/ACTIVITIES:

CROSS-COUNTRY: *Water provided marathon style; Check in locations during the run; Running in pairs as much as possible; Running in shaded areas and on soft surfaces; Runs in early morning and/or late evening; Keep water log for each runner during the school day; Possibly provide small walkie talkies or cell phones for emergencies;*

MARCHING BANDS: *Practice with water bottles; Tents and/or towers available for shade as needed; move off blacktop areas during breaks; Use of spray pumps to cool off members.*

*Outdoor practices in early mornings and late evenings when possible.*

## HEAT ILLNESS SYMPTOMS AND TREATMENTS

(As Recommended by the National Athletic Trainers Association, July 1999)

Heat illness is used to define several types of afflictions suffered when an individual experiences a rising body temperature and dehydration. Following are the different forms identified by the NATA.

### Illness

Heat Cramps

### Symptoms

- Muscle spasms caused by an imbalance of water and electrolytes in muscles
- Usually affects the legs and abdominal muscles

### Treatment

- Rest in a cool place
- Drink plenty of fluids
- Proper stretching and massaging
- Application of ice in some cases

Heat Exhaustion

- Can be a precursor to heat stroke
- Normal to high temperature
- Heavy sweating
- Skin is flushed or cool and pale
- Headaches, dizziness
- Rapid pulse, nausea, weakness
- Physical collapse may occur
- Can occur without prior symptoms, such as cramps

- Get to a cool place immediately and out of the heat
- Drink plenty of fluids
- Remove excess clothing
- In some cases, immerse in cool water

## Heat Stroke

- Body's cooling system shuts down
- Increased core temperature of 104° F or greater
- If untreated it can cause brain damage, internal organ damage, and even death if needed
  - Sweating stops
  - Shallow breathing and rapid pulse
  - Possible disorientation or lose: consciousness
  - Possible irregular heartbeat and cardiac arrest
- Call 911 immediately
- Cool bath with ice packs near large arteries, such as neck, armpits, groin
  - Replenish fluids by drinking or intravenously, if needed



## FLUID REPLACEMENT

(From the NATA)

Weight Lost During Workout	Fluid Amount Needed To Refuel
2 pounds	32 oz. (4 cups or one sports drink bottle)
4 pounds 64 oz. (8 cups or two bottles)	4 pounds 64 oz. (8 cups or two bottles)
6 pounds 96 oz. (12 cups or three bottles)	6 pounds 96 oz. (12 cups or three bottles)
8 pounds 128 oz. (16 cups or four bottles)	8 pounds 128 oz. (16 cups or four bottles)

### GUIDELINES FOR HYDRATION DURING EXERCISE

(From the NATA)

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.



### 3% Weight Loss Chart

	A	B	C	D	E	F	G	H	I	J
<b>1</b>	<b>WGT</b>	<b>3%</b>	<b>WGT</b>	<b>3%</b>	<b>WGT</b>	<b>3%</b>	<b>WGT</b>	<b>3%</b>	<b>WGT</b>	<b>3%</b>
2	125	121	176	171	227	220	278	270	329	319
3	126	122	177	172	228	221	279	271	330	320
4	127	123	178	173	229	222	280	272	331	321
5	128	124	179	174	230	223	281	273	332	322
6	129	125	180	175	231	224	282	274	333	323
7	130	126	181	176	232	225	283	275	334	324
8	131	127	182	177	233	226	284	275	335	325
9	132	128	183	178	234	227	285	276	336	326
10	133	129	184	178	235	228	286	277	337	327
11	134	130	185	179	236	229	287	278	338	328
12	135	131	186	180	237	230	288	279	339	329
13	136	132	187	181	238	231	289	280	340	330
14	137	133	188	182	239	232	290	281	341	331
15	138	134	189	183	240	233	291	282	342	332
16	139	135	190	184	241	234	292	283	343	333
17	140	136	191	185	242	235	293	284	344	334
18	141	137	192	186	243	236	294	285	345	335
19	142	138	193	187	244	237	295	286	346	336
20	143	139	194	188	245	238	296	287	347	337
21	144	140	195	189	246	239	297	288	348	338
22	145	141	196	190	247	240	298	289	349	339
23	146	142	197	191	248	241	299	290	350	340
24	147	143	198	192	249	242	300	291	351	340
25	148	144	199	193	250	243	301	292	352	341
26	149	145	200	194	251	243	302	293	353	342
27	150	146	201	195	252	244	303	294	354	343
28	151	146	202	196	253	245	304	295	355	344
29	152	147	203	197	254	246	305	296	356	345
30	153	148	204	198	255	247	306	297	357	346
31	154	149	205	199	256	248	307	298	358	347
32	155	150	206	200	257	249	308	299	359	348
33	156	151	207	201	258	250	309	300	360	349
34	157	152	208	202	259	251	310	301	361	350
35	189	183	209	203	260	252	311	302	362	351
36	159	154	210	204	261	253	312	303	363	352
37	160	155	211	205	262	254	313	304	364	353
38	161	156	212	206	263	255	314	305	365	354
39	162	157	213	207	264	256	315	306	366	355
40	163	158	214	208	265	257	316	307	367	356
41	164	159	215	209	266	258	317	307	368	357
42	165	160	216	210	267	259	318	308	369	358
43	166	161	217	210	268	260	319	309	370	359

44	167	162	218	211	269	261	320	310	371	360
45	168	163	219	212	270	262	321	311	372	361
46	169	164	220	213	271	263	322	312	373	362
47	170	165	221	214	272	264	323	313	374	363
48	171	166	222	215	273	265	324	314	375	364
49	172	167	223	216	274	266	325	315	376	365
50	173	168	224	217	275	267	326	316	377	366
51	174	169	225	218	276	268	327	317	378	367
52	175	170	226	219	277	269	328	318	379	368