

## Newton County Public Schools Heat Guidelines for Outdoor Athletics

The following guidelines have been established as safety precautions for athletes participating in any outdoor athletic programs with Newton County Public Schools. They are to be enforced by coaches, administrators, and athletic trainers at all times. A scientifically approved instrument that measures the Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly. The heat index combines air temperature and relative humidity to determine an apparent temperature – how hot it actually feels. Administrators, coaches and the athletic trainer will make a decision using the guide below on whether to make modifications for all athletic practices held that afternoon. Coaches will make the necessary modifications and administrators will be notified.

WBGT Reading	Activity and Rest Break Guidelines
<b>Under 82.0</b>	Normal activities – Provide at least 3 separate rest breaks each hour; each rest break is a minimum of 3 minutes
<b>82.0-86.9</b>	Use discretion for intense or prolonged exercise; watch at risk players carefully. Provide at least 3 separate rest breaks each hour with a minimum of 4 minutes duration each
<b>87.0-89.9</b>	Maximum practice time is 2 hours. Football: players restricted to helmets, shoulder pads, and shorts; all protective equipment must be removed for conditioning activities. For all sports: Provide at least 4 separate rest breaks each hour with a minimum of 4 minutes in duration
<b>90.0-92.0</b>	Maximum length of practice is 1 hour, no protective equipment may be worn, and no conditioning activities allowed. There must be 20 min of rest breaks during this hour.
<b>Over 92.1</b>	<b>No outdoor workouts;</b> cancel exercise/delay practices until cooler reading occurs

### **GUIDELINES FOR HYDRATION AND REST BREAKS:**

1. Rest time should involve unlimited hydration intake (water or electrolyte intake) and rest without any activity involved
2. For Football, helmets should be removed during rest time
3. The site of the rest time is considered the “cooling zone” should be out of direct sunlight
4. When the WBGT reading is over 86.0, ice towels and spray bottles should be provided to aid in the cooling process, and cold immersion tubs should be available during practices in the event of athletes showing signs of heat illness.

Student-athlete safety is our first priority. We encourage coaches and staff to continuously educate our athletes on the importance of proper hydration and the dangers of heat related illness. Student-athletes should carry water with them during the day for hydration on days of practice and games when the weather has the possibility of reaching critical levels in relation to heat and humidity. Please sign to acknowledge you have read our policy.

Athlete Signature _____	Date _____
Parent/Guardian Signature _____	Date _____