



# Grayson High School Heat Policy

## **GHSA BY-LAW 2.67**

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.

<b>WBGT READING</b>	<b>ACTIVITY GUIDELINES &amp; REST BREAK GUIDELINES</b>
<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>	<b>NO OUTDOOR WORKOUTS!</b> Cancel exercise; delay practice 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.

**PENALTIES:** Schools violating the heat policy shall be fined a minimum of \$500 and a maximum of \$1,000.