

Gwinnett County Public Schools Hot Weather Guidelines and Procedures for Athletic Practice

Based on National Athletic Trainers Association Recommendations

The following guidelines and procedures have been adopted by Gwinnett County Public Schools in response to a request from the Georgia High School Association regarding practices and competitions conducted during times of extremely high heat and/or humidity. The head coach/director for each sport or activity shall see that this policy is distributed to all players prior to the first practice.

GUIDELINES FOR TESTING

The following are guidelines for coaches and staff to follow. In responding to each situation that arises, coaches and staff should use their professional judgment.

Each head coach shall designate a person to monitor and record heat index levels. Approximately thirty (30) minutes prior to the start of activity, temperature and heat index reading should be taken at the practice or competition site from www.weather.com or a comparable source.

In addition, a scientifically approved instrument that measures the heat index should be utilized at the practice or competition site and readings should be taken at approximately thirty (30) minute intervals.

The information should be recorded on the GCPS "Heat Index Measurement" form and these records shall be available for inspection upon request. Each head coach and/or designee will be required to submit this form to their local Athletic Director daily.

If a reading is determined whereby activity is to be decreased (at or above 95 Heat Index) then re-readings would be taken approximately every thirty (30) minutes to determine if further activity should be eliminated or preventative steps taken, or if an increased level of activity can resume.

Activity should be altered and / or eliminated based on the Heat Index as follows:

<p>Under 95 degrees Heat Index</p> <p>“Green Flag”</p>	<p>*All Sports</p> <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. ➤ Optional water breaks approximately every 30 - 45 minutes for approximately 10 minutes duration. ➤ Ice-down towels for cooling. ➤ Watch / monitor athletes carefully for necessary action.
<p>95 degrees to 99 degrees Heat Index</p> <p>“Yellow Flag”</p>	<p>*All Sports</p> <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks approximately every 30 - 45 minutes for approximately 10 minutes duration. ➤ Ice-down towels for cooling. ➤ Watch / monitor athletes carefully for necessary action. <p>*Contact Sports</p> <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. ➤ Reduce time of outside activity. RECOMMENDATION: Practice should not exceed 2-1/2 hours. Consider moving practice to morning or later in the day. ➤ Re-check temperature and heat index approximately every 30 minutes to monitor for increased risks.
<p>100 degrees to 105 degrees Heat Index</p> <p>“Red Flag”</p>	<p>*All Sports</p> <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks approximately every 30 - 45 minutes for approximately 10 minutes duration. ➤ Ice-down towels for cooling. ➤ Watch / monitor athletes carefully for necessary action. ➤ Alter uniforms by removing items where feasible. ➤ Allow for changes to dry T-shirts and shorts. ➤ Reduce time of outside activity as well as indoor activity if air conditioning is not available. RECOMMENDATION: Practice length should be 2 hours or less. Consider moving practice to morning or later in the day. Limited conditioning. <p>*Contact sports and activities with additional equipment</p> <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. RECOMMENDATION: Football wears helmets, t-shirts and shorts. ➤ Re-check temperature and heat index approximately every 30 minutes for increased risks.
<p>Above 105 degrees Heat Index</p> <p>“Black Flag”</p>	<p>*All Sports</p> <p>Stop all outside activity in practice and / or play and stop all inside activity if air conditioning is unavailable.</p>