



# Madras Middle School Athletics

## Madras Middle School Practice Procedures for High Heat and Humidity

The Coweta County School System and Madras Middle School are concerned about the health and safety of all student athletes. In accordance with GHSA regulations, Coweta County Schools and Madras have developed **High Heat and Humidity Practice Procedures**. These procedures follow GHSA and American College of Sports Medicine recommendations. All coaches are required to follow all procedures and mandates in order to insure the health and safety of student athletes.

The safety of our student athletes is a top priority of coaches and administrators at Madras. By adhering to the procedures outlined and with proper nutrition, hydration, and conditioning of athletes, the risk of heat related injuries can be minimized.

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*\*\* Return this page signed and dated to the head coach or to the bookkeeper Christy Henry in the Madras front office. \*\**

### **Certificate of Receipt for Practice Procedures for High Heat and Humidity and Football Preseason Practice Regulations (if playing football)**

By signing below I, \_\_\_\_\_ parent/guardian of \_\_\_\_\_,

acknowledge that I have received a copy of the **Practice Procedures for High Heat and Humidity** and the **Football**

**Preseason Practice Regulations (if playing football)** for my child's school. I understand that I may contact the head coach, athletic director (Herbert Betts), or the principal if I have any questions.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## 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.

WBGT 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

### 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.

Head Coach's Signature \_\_\_\_\_

## Cool Zones for Spring and Fall Sports

Each fall and spring sport is required to have a designated “cool zone” and “cooling station”. Below are the cooling zone locations for each Madras athletic team that practices in the fall or spring.

Sport	Cool Zone or Station Location
Football	Cooling Station/Zone with emersion tub located at far end of gym (eastern end); Additional Cooling Zone in cafeteria as needed
Volleyball	Cooling Station with emersion tub located at far end of gym (eastern end); Cooling Zone in band room
Soccer	Cooling Station/Zone with emersion tub located at far end of gym (eastern end); Additional Cooling Zone in cafeteria as needed
Pep Squad	Cooling Station with emersion tub located at far end of gym (eastern end); Cooling Zone in cafeteria
Track	Cooling Station/Zone with emersion tub located at the eastern side of cafeteria; Additional Cooling Zone in cafeteria as needed

## Heat Index Measurement and Record

Madras Middle School will use the GHSA Heat Index Measurement and Record Form to record all WBGT readings. Readings will be taken at the start of practice and at the discretion of the coach. A copy of the form will be kept on file and submitted to the athletic director and principal daily.

## Fluid Replacement and Heat Illness Information

Every athlete is given educational information on *Fluid Replacement Guidelines* and *Heat Illness Symptoms and Treatments*. Parents/Guardians and athletes should use this information to assist in recovery from practices in warm weather conditions.

### Fluid Replacement Information

(National Athletic Trainers Association-NATA)

Athletes should hydrate during the school day prior to practice or competition.

<u>Weight Lost During Workout</u>	<u>Fluid Amount Needed to Refuel</u>
2 pounds	32 oz. (4 cups or 1 sports drink bottle)
4 pounds	64 oz. (8 cups or 2 bottles)
6 pounds	96 oz. (12 cups or 3 bottles)
8 pounds	128 oz. (16 cups or 4 bottles)

#### Guidelines for hydration during exercise

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.

## Heat Illness Symptoms and Treatments

(National Athletic Trainers Association-NATA)

### Heat Cramps

#### Symptoms

1. Muscle symptoms caused by an imbalance of water and electrolytes in muscles
2. Usually affects the legs and abdominal muscles

#### Treatments

1. Rest in cool place
2. Drink plenty of fluids
3. Proper stretching and massaging
4. Application of ice in some cases

### Heat Exhaustion

#### Symptoms

1. Can be precursor to heat stroke
2. Normal to high temperature
3. Heavy sweating
4. Skin is flushed or cool and pale
5. Headaches, dizziness
6. Rapid pulse, nausea, weakness
7. Physical collapse may occur
8. Can occur without prior symptoms, such as cramps

#### Treatments

1. Get to a cool place immediately
2. Drink plenty of fluids
3. Remove excess clothing
4. In some cases, immerse body in cool water

### Heat Stroke

#### Symptoms

1. Body's cooling system shuts down
2. Increased core temperature of 104 degrees or greater
3. Sweating stops
4. Shallow breathing and rapid pulse
5. Possible disorientation or loss of consciousness
6. Possible irregular heartbeat and cardiac arrest
7. If untreated could cause damage to brain or internal organs, and even death

#### Treatments

1. Call 911 immediately
2. Cool bath with ice packs near large arteries such as neck, armpits and groin
3. Replenish fluids by drinking or intravenously

## Football Preseason Practice Regulations



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

Football practice may begin five consecutive weekdays prior to August 1st (July 25th in 2013).

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."