

Northgate High School Practice Procedures for High Heat and Humidity

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

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

**\*\*Return this page signed and dated to the athletic office or to your head coach\*\***

**Certificate of Receipt for Practice Procedures for High Heat and Humidity**

By signing below I, \_\_\_\_\_ parent/guardian of \_\_\_\_\_, acknowledge that I have received a copy of the Practice Procedures for High Heat and Humidity for my child's school. I understand that I may contact the head coach or the athletic director if I have any questions. My child plays (please list **all** sports) \_\_\_\_\_.

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