

Below you will find the hot weather practice procedures for our school. Please read this information and sign the second page and return it to your child's coach or return it to the athletic office. Completion of this form is a requirement for participation in our extracurricular programs.

HOT WEATHER PRACTICE PROCEDURES

LEVEL	HEAT INDEX TEMPERATURES	AFFECTS ON BODY	PRACTICE HOURS	BREAKS	FLUIDS
Caution	80° - 89° F		Use caution	Remove helmet 5 minute break every 20 minutes	Cold water
Extreme Caution	90° - 104° F	Cramps or heat exhaustion possible	Use extreme caution	Remove helmet 5 minute break every 15 minutes	Cold water
Danger	105° - 129° F	Cramps or heat exhaustion likely, heat stroke possible	Helmets only Practice time should be shortened with low intensity	Remove helmet 5 minute break every 10 minutes	Cold water
Extreme Danger	130° F – and above	Heat stroke highly likely	No practice	No practice	Cold water

Heat index readings will be taken at the practice site by a trained staff member using a thermal indicator heat index monitor.

Head Coach's Signature

NOTE: THE PRINCIPAL OF THE SCHOOL MAY LIMIT PRACTICE AT ANY TIME DUE TO HEAT OR WEATHER RELATED FACTORS.

Effective 7/03/07

Certificate of Receipt

Hot Weather Practice Procedures

By signing below I, _____ parent of
_____, acknowledge that I have received a copy of the
hot weather practice procedures for my child's school. I understand that I may contact the head coach or the
athletic director if I have any questions.

Parent Signature _____ Date _____

***** Return this completed document to the athletic office or return it to your head coach.***

Effective 7/03/07