

# Barrow County Schools - Exertional Heat Protocols

## III.a FOOTBALL PRESEASON PRACTICE REQUIREMENTS

1. Football practice may begin 5 consecutive weekdays prior to August 1. In the first 5 days of practice for any student/athlete, the practice shall not last longer than 2 hours, and the student/athlete shall wear no protective gear except for helmet and mouthpiece. Note: The time for a session shall be measured from the time the student/athlete reports to the field until they leave the field.
2. Beginning August 1, any student/athlete may practice in full pads and may practice 2 times in a single calendar day under the following stipulations:
  - a. A student/athlete must have participated in 5 conditioning practice days wearing no protective gear other than helmet and mouthpiece before being allowed to practice in full pads
  - b. If multiple workouts are held in a single day:
    - (1) No single session may last longer than 3 hours
    - (2) The total amount of time in the two practices shall not exceed 5 hours
    - (3) There must be at least a 3-hour rest between sessions
    - (4) 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."

## III.b GHSA CONTEST REQUIREMENTS (Football, Baseball, Softball, Cross Country/Track and Soccer)

### 1. Football

- A. Any Football contest MUST have an on-site WBGT monitor and take measurements 15 minutes prior to the start of the contest and again during halftime. The following requirements for hydration breaks must be followed:
  - a. **KICK-OFF WBGT equal or above 87.0 F** – referees will take a mandatory hydration break at or near the 6-minute mark of each quarter lasting 3 minutes (Change of possession or touchdown and PTA). All participants must remove their helmets and no coaches are permitted on the field at this time. It is recommended that players who are actively engaged in the competition and come to the sideline remove their helmets and hydrate until such time that they re-enter the field of play.
  - b. **KICK-OFF WBGT equal to or above 90.0 F**- referees will take a mandatory hydration break at the 4-minute and 8-minute mark of each quarter lasting 3 minutes (Change of possession or PAT). All participants must remove their helmets and no coaches are permitted on the field at this time. It is recommended that players who are actively engaged in the competition come to the sideline, remove their helmets and hydrate until such time that they re-enter the field of play.
- B. Regulation of **7-on-7 Contests**
  - a. Clarification of Terminology: 7-on-7 play between 2 or more teams where there are NOT any officials present will be viewed as a "PRACTICE" and therefore will fall under the GHSA Interscholastic Contests and Practices (Section 2.60) and the Practice Policy for Heat and Humidity (Section 2.67) along with the following guidelines:
    1. Teams that participate in back-to-back play periods lasting a maximum of 60 minutes, must be followed by a 30-minute break in a shaded area before resuming activity.
    2. It is recommended that medical personnel (athletic trainer or EMT) be present during said practice session. **7-on-7 play** between 2 or more teams in the **presence of officials** will constitute a "CONTEST" and therefore will follow guidelines below:
      - a. WBGT Temperature will be taken and recorded prior to the start of all contests.
      - b. The host school will notify the Head Official and both Head Coaches of the WBGT reading prior to the start of all contests.

- c. Hydration breaks will be implemented when the WBGT is equal to or above 90.0 F. Referees will take a mandatory 3-minute hydration break and at the 10-minute mark of each contest.
- d. Ice immersion tub on-site and ready for use when WBGT is equal to or above 86.0 F
- e. Medical Time-out taken prior to start of contest to discuss procedures for possible heat exhaustion or heat stroke treatment.
- f. Teams that participate in back-to-back play periods lasting a maximum of 60 minutes, must be followed by a 30-minute break in a shaded area before resuming activity.
- g. It is recommended that medical personnel (athletic trainer or EMT) be present on each field during all contests.

## 2. Baseball

- A. WBGT must be measured 15 minutes prior to the start of contest and coaches notified.
- B. IF WBGT is equal to or above 86.0 F, an ice immersion tub must be present and ready for use.
- C. If WBGT is equal to or above 88.0 F, Umpires will take a 3-minute hydration break at the beginning and mid-point of inning 3 and continuing until the conclusion of the game.

## 3. Softball

- A. WBGT must be measured 15 minutes prior to the start of contest and coaches notified.
- B. IF WBGT is equal to or above 86.0 F, an ice immersion tub must be present and ready for use.
- C. If WBGT is equal to or above 88.0 F, Umpires will take a 3-minute hydration break at the beginning and mid-point of inning 3 and continuing until the conclusion of the game.

## 4. Cross Country / Track

- A. WBGT must be measured 15 minutes prior to the start of contest and coaches notified.
- B. IF WBGT is equal to or above 86.0 F, an ice immersion tub must be present and ready for use at the finish line.
- C. If WBGT is equal to or above 88.0 F, a minimum of (2) hydration stations must place throughout the racecourse as well as at the finish line.

## 5. Soccer

- A. WBGT must be measured 15 minutes prior to the start of contest and coaches notified.
- B. If WBGT is equal to or above 86.0 F, an ice immersion tub must be present and ready for use.
- C. If WBGT is equal to or above 88.0 F, Referees will take a 3-minute hydration break at or near the mid-way point of each half (ball out of bounds / foul assessed or goal scored). Teams to the bench area during hydration break, no coaches permitted on field.