

Practice Policy for Heat and Humidity

A primary objective of the Acworth Football & Cheerleading Association is to provide as safe an environment as possible for our players, cheerleaders, coaches & fans.

Consistent with that objective, the following HEAT GUIDELINES have been developed.

1. The Association has installed and maintains a thermometer which shows the current air temperature at the field.
2. Acworth uses a scientifically-approved instrument that measures the Wet Bulb Globe Temperature at each practice to measure the heat index. WBGT readings are taken at a minimum every hour, beginning 15 minutes before the beginning of practice.
3. At all times in hot weather, coaches monitor athletes for heat distress. Parents are strongly urged throughout the day to insure that players are adequately hydrated before coming to practice by drinking water or sports drinks to replace electrolytes. Players are strongly discouraged from drinks containing caffeine or any energy drink.

WBGT ACTIVITY GUIDELINES AND REST BREAK GUIDELINES

Under 82.0 Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

82.0 - 86.9 Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.

87.0 - 89.9 Helmets & Shoulder Pads must be removed during conditioning activities & while running through plays/position exercises etc. Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.

90.0 - 92.0 Helmets & Shoulder Pads must be removed. No conditioning activities. Teams allowed to walk through position responsibilities/plays. Provide at least four separate rest breaks each hour with a minimum duration of 5 minutes each.

Over 92.1 No outdoor workouts. Delay practice until a cooler WBGT level is reached.