

Heat Index Policy

Due to the excessive heat and the possibilities of heat related injuries; we are instituting a program to monitor practices. Numerous people succumb to heat related injuries every year. Everyday by 4:00 p.m. a message will be recorded on our sports hot line at 569-4242, ext 281. This message will let the coaches know if it is too hot to practice. Using the attached heat index chart, we will determine if the heat combined with the relative humidity is too high.

Heat index over 105*, practice may consist of lecture only, no physical activity. Allow for water breaks as needed.

Heat index 90-105*, limited physical activity. Water breaks every 10 minutes or when required by the individual. Let players take their helmets off.

Heat index 80-90*, you may have a regular practice. Water breaks every 10-15 minutes or when required by the individual.

Coaches must watch all their players to make sure no player is in distress. If coach notices a problem, you must act at once as delay could be deadly.

Please remember that this is a recreational sport with emphasis on fun. Every precaution must be taken to ensure that nobody gets injured or sick.

Thanks,

Rhett Moore
Athletic Director