

practice rules

Practice Rules

1. If the heat index is 80-94 degrees, athletes should be watched closely for any heat distress and frequent water breaks should be taken.
2. If the heat index is 95-100 degrees, 10-minute rest breaks should be taken every hour, water breaks every 10 minutes and athletes should be under careful supervision from coaches. Practice time must be kept to 120 minutes or less.
3. If the heat index is 101-105 degrees, athletic practices should be modified such as football practice in shorts, shoulder pads, and helmets only. Frequent water breaks every 10 minutes and rest breaks should be held. Athletes should be able to get water at any time. Monitor closely. Practice time 120 minutes or less.
4. Heat index of 106 or higher. Practice will be suspended, postponed until later in the evening or held indoors at the coach's discretion. When a practice is "black flagged" which means the heat index is above 106 degrees no athletic activity may begin without approval of the athletic director or appropriate school administration.
5. Water breaks every 10 minutes and planned rest breaks should be taken. Practice time should last no longer than 90 minutes.