

## Heat Related Wellness Policy for Athletic Programs

The Bremen Parks and Recreation Department wants and will continue to advocate the safety of its participants by means of implementing necessary procedures to be used when applicable to heat related illness prevention.

The Bremen Parks and Recreation Department will utilize necessary instrumentation to read and record current heat & humidity for practices and programs that involve youth/adult programs of exertion and physical and laborious activity.

- 1) Readings shall be taken 30 minutes prior to activity and every hour thereafter
- 2) Policy in place will then be utilized based on the measurement of said device.
- 3) Coaches and parents and/or participants will then be notified accordingly with readings to properly implement policy within the program they are responsible for conducting or participating in.
- 4) Readings and activity levels (specifically pertaining to football as laid out by GHSA) will be adapted to fit departmental need as outlined below.

### Readings      Activity 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      **(WHITE Stake)**

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.      **(GREEN Stake)**

87.0-89.9..... Maximum practice time is 2 hours. For Football: Players are restricted to helmet, shoulder pads and shorts during practice and all protective equipment must be removed during conditioning activities. If readings rise to this level during practice, players may continue to work out wearing football pants without changing to shorts. For ALL Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.      **(ORANGE Stake)**

90.0-92.0..... Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.      **(RED Stake)**

Over 92.1..... No outdoor workouts. All activities suspended.      **(BLACK Stake)**

All parents, participants and coaches shall be notified of the above procedures prior to the start of the season.

All participants, specifically related to football, shall be prepared for each practice to bring necessary clothing items, specifically shorts, in the event a reading requires them to wear them.

In the event that a participant is not adequately prepared or has the necessary apparel to participate in said program, he/she will be required not to participate. Disciplinary action will be taken if participant does not abide.

In the event that a coach does not follow said policy disciplinary action will be taken as needed.