

# CSAA Policy on Heat Illness Prevention

1. Physical exertion and training activities should begin slowly and continue progressively.

- A. Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity.
- B. The first five (5) days that a team practices should be in shorts, without pads. Helmets are permitted. The next five (5) days that a team practices should be in shorts. Helmets and shoulder pads are permitted.
- C. Emphasize instruction over conditioning during the first several practices.

2. Keep each athlete's individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect exertional heat illness risk.

3. Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.

4. Athletes must begin practices and training activities adequately hydrated and should be provided with ample opportunities for regular fluid replacement during practice.

5. All coaches should be educated on the dangers of heat exhaustion and heat stroke, including prevention, signs and symptoms, and treatment of players suffering from these conditions (see PowerPoint presentation given by Dr Geoffrey Hogan and Dr Sean Bradley from Oschner Sports Medicine Institute on July 18, 2023, at the LHSAA Coaches Convention).

6. We will follow the following guidelines for practicing football set forth by the Korey Stringer Institute at the University of Connecticut based on the Wet Bulb Globe Temperature at the time of practice (temperatures are in degrees Fahrenheit).

- A. Under 82.0—normal activities with regular breaks during practice.
- B. 82.0-86.9—use discretion for intense or prolonged exercise. Watch at-risk players carefully. Provide at least 3 rest breaks per hour.
- C. 87.0-89.9—players restricted to helmets, shoulder pads, and shorts. All protective equipment must be removed during conditioning. Provide at least 4 rest breaks per hour.
- D. 90.0-92.0—maximum practice time 1 hour with no protective equipment. No conditioning activities and 20 minutes of the 1 hour should be rest.
- E. Over 92.0—no outdoor workouts until cooler WBGT level is reached.

NOTE TO COACHES: The ZELUS WBGT app can be added to your phone and will give you an accurate WBGT at your location.