

Football Heat Policy

- TSSAA guidelines will be applied and we will utilize those to make decisions about when and how we practice in dangerously high temperatures. See <http://www.tssaa.org/Handbook/heatpolicy.pdf>
- The heavier, bulkier boys and those with medical issues will be watched more closely. If anyone throws up, they are out of practice.
- As in NCAA, we will gradually increase their uniform requirements. First day or two helmets only, next practice day add shoulder pads, on the next practice day full pads.
- They will be instructed to exercise out in the heat on the intervening days to acclimate to the demands. That is key per Dr. Gregory. A general rule is that it takes 2 weeks to acclimate.
- Coaches should familiarize themselves with the recommendations on the American College of Sports Medicine website: [acsm.org](http://www.acsm.org)

“Youth Football: Heat Stress and Injury Risk: Recommendations and Guidelines.”

http://www.acsm.org/AM/Template.cfm?Section=Home_Page&Template=/CM/ContentDisplay.cfm&ContentID=5568