

MARIETTA BLUE DEVILS FOOTBALL GHSA HEAT POLICY

Dear Marietta Parents and Student Athletes:

Welcome to the 2018 Marietta High School Football Season. We, as coaches, are excited to work with such an outstanding group of young people. The most important aspect of football is the safety, health and well-being of all the participants. In an effort to minimize the dangers of heat and humidity, The Georgia High School Association has created the GHSA Institutional Heat Policy.

1. For All Sports: The Information found under the title of "Practice Policy for Heat and Humidity" that is found on both the GHSA home page (upper left margin) and on the Sports Medicine Page.
2. For Football: Information found under the title "Football Pre-Season Practice Regulations" and this is found on the Football page.

We use a Wet Bulb Globe Temperature (WBGT) reading in order to determine the measurements of the wet bulb temperature. Our athletic trainer, Jeff Hopp, will be in charge of the instruments and the readings. The measurements will be taken 30 minutes before the start of each practice and then every hour. The WBGT reading is a composite temperature used to estimate the effect of air temperature, humidity and solar radiation on the body. The reading is in degrees but it is not the same as a normal temperature reading.

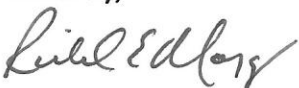
The WBGT reading will help determine how long we can practice, how many water breaks to schedule and what equipment we can wear. The first 5 days of practice are known as Acclimation Days. The only equipment we can wear is our helmet and mouthpiece. Each of these practices are limited to a total of 2 hours. The dates for these Practices are Wednesday July 25th – Tuesday July 31st. On Wednesday August 1st we can wear full football equipment. At this time, we can practice up to a total of 3 hours. However, the WBGT reading will dictate how long we practice, how much equipment we can wear and if we need to take equipment off during a practice.

I have included the GHSA Activity Guidelines based on the WBGT Temperature below:

WBGT Reading	Guidelines
Under 82.0	- Normal Activity. We will provide at least 3 separate rest breaks each hour. Each of those breaks will last 3 minutes
82.0 – 86.9	- We will monitor players closely. We will provide 3 separate rest breaks each hour. Each break will last 4 minutes.
87.0 – 89.9	- Maximum practice time is 2 hours. Restricted to helmet, shoulder pads and shorts. If we condition, all pads will come off. We will add a fourth rest break each hour and those rest breaks will last 4 minutes each.
90.0 – 92.0	- Maximum practice time is 1 hour. No equipment can be worn and there will be no conditioning. Must have a total of 20 minutes of rest breaks in the hour.
Over 92	- No outdoor practices allowed. We must delay the start of practice until the reading goes to 92

During the rest periods, helmets will be removed and there will be no activity. We will also have cold immersion tubs available for the benefit of any player who is showing signs of heat illness. Also, cold towels and cool zones out of the sunlight will be available to all players. We will provide unlimited hydration throughout the practices and players are permitted to go and get water as much as they want, at any time. If any player feels uncomfortable at any time, we encourage them to inform a coach or a trainer so that we can attend to them immediately. The guidelines and precautions that we have put in place exist for the safety of our players. Thank you for your time and your attention to this matter. We look forward to an incredible season.

Sincerely,



Richard Morgan

Marietta High School Head Football Coach