

LAKE SIDE HIGH SCHOOL

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Dear Parent:

The Georgia High School Association requires that each sport that practices or plays outside during extreme heat to notify parents of practice times and guidelines used regarding the heat index.

For the sport of _____ the practice times will be as follows: _____

The heat index guidelines are as follows (per GHSA BY-LAW 2.67 and CCBOE Procedure JH):

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDLINES
UNDER 82.0	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
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 of a minimum of 4 minutes duration each.
87.0–89.9	Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each.
90.0–92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
OVER 92	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs.

When heat index is too high our practice schedule will be as follows:

Please sign below acknowledging the receipt of this letter. We need to make sure each and every parent is informed of this new GHSA requirement. If you have any questions regarding practice times or the heat index guidelines, please contact your child's coach.

Parent Signature

Date

Student Signature

Date

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