



NJSIAA Heat Participation Policy

Schools should follow this ‘Best Practices’ policy when conducting outdoor practices and contests in all sports. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices during times of various Wet Bulb Globe Temperature (WBGT) levels
2. The ratio of workout time to time allotted for rest and hydration during times of various WBGT levels
3. The WBGT levels which will result in practice(s) or contest(s) being modified or terminated

An instrument scientifically approved to measure WBGT must be utilized at each practice. WBGT readings should be taken on the practice site a minimum of every hour, beginning 30 minutes before the beginning of practice or contest. All readings should be recorded or data logged (e.g. written or electronic form). In the event that a modification or cancellation was required, documentation using the WBGT *NJSIAA Hot Environment Modification/Cancellation Log* must be completed.

WBGT READING	Flag	Risk for Heat Illness	ACTIVITY GUIDELINES AND REST BREAK GUIDELINES
Under 80.0°F	Green	Very Low	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
80.0 F – 85.0°F	Yellow	Low	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.
85.1 F – 88.0°F	Orange	Moderate	Maximum practice time is 2 hours, <u>For Football</u> : no protective equipment may be worn during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing into shorts. <u>For Field Hockey Goalies</u> : All protective equipment must be removed for conditioning activities. <u>For All Sports</u> : provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
88.1 F – 90°F	Red	High	Maximum length of practice is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice and there may be no conditioning activities. <u>For All Sports</u> : there must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 90°F	Black	Very High	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time should involve unrestricted access to fluids (e.g water or electrolyte beverages).
2. Sports requiring helmets (e.g. football, lacrosse, field hockey) should be removed during rest time.
3. The site of the rest time should be a in a shaded area.
4. When the WBGT reading is >85.0°F
 - a. Ice towels, spray bottles filled with ice water or equivalent should be available to aid in the cooling process within the shaded area.

Definitions

1. Contest: Any NJSIAA sanctioned event.
2. Practice: the period of time that a participant engages in coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.
3. Walk through: this period of time shall last no more than one hour and is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

Implementation Note to be included in NJSIAA Handbook:

The aforementioned policy must be carried out by the AT, certified designee or individual as appointed by the athletic director which includes any individual responsible or sharing duties for making decisions concerning the implementation of modifications or cancellation of practice and contests based on WBGT (e.g. coaches).

Compliance note to be included in NJSIAA Handbook:

In accordance with the current school compliance checks, the compliance monitors checklist will include items specific to:

- Presence of a WBGT device
- Documentation of all practices/games requiring modification on the NJSIAA Hot Environment Modification/Cancellation Log
- Proof of written and signed off Heat Participation Policy document