



## CHEROKEE YOUTH FOOTBALL ASSOCIATION HEAT INDEX MEASUREMENT AND RECORD

DISTRICT: \_\_\_\_\_

DIRECTOR: \_\_\_\_\_

DATE	TIME	TEMPERTATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
<b>UNDER 82.0</b>	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
<b>82.0 – 86.9</b>	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.
<b>87.0 – 89.9</b>	Maximum practice time is 2 hours. <u>For Football</u> : players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level <b>during</b> practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : provide at least four separate rest breaks each hour of a minimum of 4 minutes each.
<b>90.0 – 92.0</b>	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.
<b>OVER 92.0</b>	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

**GUIDELINES FOR HYDRATION AND REST BREAKS:**

1. Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration.
2. These breaks must be held in a “cool zone” where players are out of direct sunlight.
3. When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the "cool zone" to aid the cooling process AND cold immersion tubs must be available for the benefit of any player showing early signs of heat illness.
4. In the event of a serious EHI, the principal of “Cool First, Transport Second” should be utilized and implemented by the first medical provider onsite until cooling is completed (core temperature of 103 or less).
5. Helmets should be removed during rest time.