

## **Braves Youth Football Organization Heat Policy for Practice**

In the event of high heat conditions, (95 degree heat index or above), the Braves Youth Football Organization board of directors has established the following guidelines to be implemented by **all** coaches.

1. Football coaches shall not have players in helmets, shoulder pads, or rib protectors. Approval for equipment to be used will be allowed after 6:00 P.M. if the Athletic Director, Assistant Athletic Director, Safety Director, and/or Assistant Safety Director determine temperature to be within safe ranges. This decision will not be made without the Safety Director and Athletic director being in agreement.
2. In football, all running will be kept to specific drills. (No additional running will be permitted. Perimeters or sprints will also not be permitted.)
3. All cheers and poms will perform simplified moves only. (Aerobic activities shall be kept to a minimum.)
4. Every 15 minutes all children shall be given a 5-minute water break.
5. In football, contact with equipment will be allowed after 6:00 P.M. if the Athletic Director, Assistant Athletic Director, Safety Director, and/or Assistant Safety Director determine temperature and humidity levels to be within safe ranges. This decision will not be made without the Safety Director and Athletic Director being in agreement.
6. In Cheers and Poms, increased levels of stunting and dance will be allowed after 6:00 P.M. if the Cheers and Poms Director, Assistant Cheers and Poms Director, Safety Director and/or Assistant Safety Director determine temperature to be within safe ranges. This decision will not be made without the Safety Director and Cheers and Poms Director both being in agreement.
7. All coaches need to be very vigilant and watch each child, paying extra attention to children with medical conditions. (Asthma, diabetes, etc.) **Remember** all children are different and react differently to heat.
8. In the event a participant is experiencing heat related illness or symptoms the participant shall be removed from physical activities for additional evaluation. Based upon severity player shall be sent home with a parent or evaluated by Paramedics.
9. **All** participants shall have water with them at practice during high heat conditions. Coaches will assure that participants have water prior to practice.
10. This policy has been implemented for the protection of the participants and the coaches. **Any** deviation from this policy may result in disciplinary action from the Braves Youth Football Organization board of directors.