

Heat and Humidity Policy Awareness:

- (a) Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (this policy is year-round, including during the summer) in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:
- (1) The scheduling of practices at various heat/humidity levels.
 - (2) The ration of workout time to time allotted for rest and hydration at various heat/humidity levels.
 - (3) The heat/humidity levels that will result in practice being terminated.
- (b) A scientifically-approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice to ensure that the written policy is being followed properly. WBGT readings should be taken every hour, beginning 30 minutes before the beginning of practice.

WBGT	Activity Guidelines & Rest Break Guidelines
Under 82.0	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the 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 with a minimum duration of 4 minutes each.
87.0-89.9	Maximum practice time is 2 hours. <u>For Football:</u> players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. <i>If the WBGT rises to this level during practice, players may continue to workout wearing football pants without changing to shorts.</i> <u>All Sports:</u> Provide at least 4 separate rest breaks each hour with a minimum duration of 4 minutes each.
90.0-92.0	Maximum practice time is 1 hour. <u>For Football:</u> no protective equipment may be worn during practice, and there may be no conditioning activities. <u>All Sports:</u> There must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 92.1	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

- (c) Practices are defined as: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason, the “clock” on that practice will stop and will begin again when the practice resumes.
- (d) Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in “voluntary workouts.”
- (e) A walk-through is not a part of the practice time regulation, and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full-speed drills may be held.
- (f) Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a “cool zone” where players are out of direct sunlight.
- (g) 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. *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 is 103 or less).*

Concussion Awareness:

DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS & SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes)

BY-LAW 2.68 GHSA CONCUSSION POLICY

In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. [NOTE: An appropriate healthcare professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.]

- (a) No athlete is allowed to return to a game or a practice on the same day that a concussion (1) has been diagnosed, OR (2) cannot be ruled out.
- (b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

By signing the concussion form, you give Fitzgerald High School permission to transfer this concussion form to the other sports that your child may play. You are aware of the dangers of concussion and the signed concussion form will represent yourself and your child during the school year. The form will be stored with the athletic physical form and other accompanying forms required by the Ben Hill School System.

Sudden Cardiac Arrest Awareness:

1. Learn the Early Warning Signs - If you or your child has had one or more of these signs, see your primary care physician:
 - Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks, or ringing phones
 - Unusual chest pain or shortness of breath during exercise
 - Family members who had sudden, unexplained and unexpected death before age 50
 - Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT Syndrome
 - A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks, or ringing phones
2. Learn to Recognize Sudden Cardiac Arrest
If you see someone collapse, assume he/she has experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (seizure-like activity). Send for help and start CPR. You cannot hurt him/her.
3. Learn Hands-Only CPR
Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn – and it's easier than ever.
 - Call 911 (or ask bystanders to call 911 and get an AED)
 - Push hard and fast in the center of the chest. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song "Stayin' Alive."
 - If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock.

By signing the sudden cardiac arrest form, you give Fitzgerald High School permission to transfer this sudden cardiac arrest form to the other sports that your child may play. You are aware of the dangers of sudden cardiac arrest and the signed sudden cardiac arrest form will represent yourself and your child during the school year. The form will be stored with the athletic physical form and other accompanying forms required by the Ben Hill School System.