

2431.3 HEAT PARTICATIPATION POLICY FOR STUDENT-ATHLETE SAFETY

The goal of the Ridgewood High School Heat Acclimatization Policy is to insure the safety of our student-athletes while enhancing exercise heat tolerance and the ability to exercise safely and effectively in warm to hot conditions. This policy includes practice guidelines and a system of evaluating individual student-athlete's hydration levels. All Ridgewood student athletes will receive an educational presentation on proper hydration and heat illness.

Therefore, the Board of Education requires the implementation of the practice and pre-season heat acclimation procedures as recommended by the New Jersey State Interscholastic Athletic Association (NJSIAA) for students participating in all school-sponsored athletic programs and extra-curricular activities during warm weather months. The Superintendent of Schools or designee shall ensure the implementation of the Practice and Pre-Season Heat-Acclimation Procedures.

Practice Guidelines:

For all sports, on days one and two, athletes may not participate in more than three total hours of practice. Warm-up, stretching, cool-down activities, and strength/speed training are included as part of the three hour practice time. A three hour recovery period, in a cool environment, should be inserted between practices. All athletes should be instructed to shower in cool water after each practice in order to reduce body temperature.

For football, on day one, helmets are the only protective equipment permitted. On day two, helmets and shoulder pads are allowed to be worn.

For all sports, on days three and four, athletes may not participate in more than 3.5 hours of practice and no practice can exceed three hours. A three hour recovery period, in a cool environment, should be inserted between practices. All athletes should be instructed to shower in cool water after each practice in order to reduce body temperature.

For football, full equipment may be worn.

For all sports, any day in which athletes participate in more than three hours of practice must be followed by a day in which athletes participate in no more than 3 hours of practice.

For all sports, beginning with day five, athletes may not participate in more than four hours of practice and no practice can exceed three hours. A three hour recovery period, in a cool environment, should be inserted between practices. All athletes should be instructed to shower in cool water after each practice in order to reduce body temperature.



POLICY

RIDGEWOOD BOARD OF EDUCATION

PROGRAM

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Ridgewood High School

Heat Participation Policy for Student-Athlete Safety

For all sports, after six consecutive practices, athletes are required to have one complete day of rest (no conditioning, walk-throughs, or practice).

Because the risk of exertional heat illnesses during the preseason is high, the athletic trainer must be on site before, during, and after all practices.

Wet Bulb Globe Temperature Guidelines:

The Wet Bulb Globe Temperature (WBGT) is a composite temperature used to estimate the effect of temperature, humidity, and solar radiation. The athletic trainer will use a digital psychrometer to measure the wet bulb globe temperature 10-15 minutes before practice. The athletic trainer will inform all coaches of any necessary accommodations.

<i>Level</i>	<i>WBGT</i>	<i>Risk</i>	<i>Fluid</i>	<i>Accommodations</i>
Green	< 73°	Moderate	Every 15-20 mins	None
Yellow	73°-82°	High	Every 15-20 mins	Use caution
Red	82°-90°	Very High	Every 15 mins	Reduce intensity Modify practice Remove protective equipment for non-contact drills
Black	> 90°	Extreme	Rehydrate 24 oz per pound of wt loss	No outdoor practice

Hydration Guidelines:

All athletes will weigh in, before and after each practice. Weight charts will be monitored daily by the coach and the athletic trainer. Athletes with weight loss greater than 3% will be held from practice until they have adequately replaced their weight.

Water will be available to athletes throughout all practices. All athletes will be instructed to replenish fluids every 15 -20 minutes.

N.J.S.A.18A:11-3.10

New Jersey State Interscholastic Athletic Association Heat Participation Policy and Pre-Season Heat Acclimatization Policy

Adopted: 26 September 2011

Revised: 01 April 2019

Revised: 05 October 2020

