



SCCPSS HEAT ADVISORY PROTOCOLS

As weather conditions vary each day, it is important to prepare for extreme weather conditions.

Below and attached are some precautionary actions you should take when there is extreme heat outside.

Precautionary/Preparedness Actions:

- Hold indoor recess when temperatures are extreme
- Make sure students/staff drink plenty of fluids to stay hydrated
- Wear lightweight clothing
- Stay out of the direct sun
- Frequent breaks in shaded or air-conditioned environments
- Know the signs of Heat Illness - younger children are especially susceptible

Signs to watch for with extreme heat:

- *Dizziness and light-headedness
- *Lack of sweating despite extreme heat
- *Red, hot, and dry skin
- *Nausea and vomiting
- * Rapid heartbeat
- *Rapid, shallow breathing
- *Behavioral changes such as confusion, disorientation, or staggering
- *Seizures

Reminder - Heat Stroke is an emergency- Call 911.



Savannah-Chatham County Public School System
Department of Health, Physical Education & Athletics

208 Bull Street / Savannah, Georgia 31401 / 912.395.5300

Heat Policy and Procedures

GHSA Policy

2.67 Practice Policy for Heat and Humidity: (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 ratio 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 AND REST BREAK GUIDELINES

These guidelines are requirements for SCCPSS

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. For Football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.

90.0 - 92.0 Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.

Over 92.0 No outdoor workouts. Delay practice until a cooler WBGT level is reached.

Mission - To ignite a passion for learning and teaching at high levels.
Vision - From school to the world: All students prepared for productive futures
