

SECTION 11 – HEALTH DOCUMENTS

Extreme Heat Exhaustion

1. All teams shall adhere to the approved practice schedule in Amendment 1 - Football Season and Game Day Schedules.
2. If the temperature is 90°F or more according to a League approved weather application, practice shall be limited to a light workout without helmets and shoulder pads. Normal practice may commence once the temperature is below 90°F. Violations are subject to a fine up to \$500.00 and suspension of the Head Coach, as determined by the Chairman.
3. Players shall have unlimited access to water during practice. Practices should have predetermined water breaks approximately every 15 minutes. The timing and length of the breaks should be dependent on the environmental conditions.

Heat Acclimation Chart

Preseason and Regular Season practices shall follow USA Football recommended conditioning and as modified by RCYFL:

Day	Equipment	Contact Allowed	Duration Limit
WEEK 1			
1	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	No player to player contact allowed	90 Minutes
2	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	No player to player contact allowed	90 Minutes
3	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
4	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
*5	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
WEEK 2 through WEEK 4			
	Full Equipment, mouthpiece, and water bottle	FULL – Limited to 30 minutes per day and 120 minutes per week	*120 Minutes per practice and 5 practices per week
* Modified by RCYFL			

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REGULAR SEASON		
	Full Equipment, mouthpiece, and water bottle	FULL – Limited to 30 minutes per day and 90 minutes per week
		120 Minutes per practice and 3 practices per week

VHSL Heat Guidelines

Humiture or Apparent Temperature Chart (After R.G.Steadman, 1979)

RELATIVE HUMIDITY (%)

Temp	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
105°	100	105	113	123	135	149				
104°	98	104	110	120	132	143				
102°	97	101	108	117	125	139				
100°	95	99	105	110	120	132	144			
98°	93	97	101	106	110	125	132			
96°	91	95	98	104	108	120	128			
94°	89	93	95	100	105	111	122	128		
92°	87	90	92	96	100	106	115	122		
90°	85	88	90	92	93	100	106	114	122	130
88°	82	86	87	89	93	95	100	106	115	125
86°	80	84	85	87	90	92	96	100	109	111
84°	78	81	83	85	86	89	91	95	99	105
82°	77	79	80	81	84	86	89	91	95	96
80°	75	77	78	79	81	83	85	86	89	91
78°	72	75	77	78	79	80	81	83	85	86
76°	70	72	75	76	77	77	77	78	79	80

HUMITURE

VHSL RECOMMENDATION

- 105° and up:** Recommend no outside activities.

- 95° to 104°:** Recommend no equipment (helmets, pads, etc) be used during activity.

- 90° to 94°:** Recommend equipment be removed as often as possible (during rest breaks, on sideline, etc). Careful monitoring of all athletes for signs of heat problems.

- Below 89°:** Recommend adequate water supply at all practices and competitions with breaks every 20 to 30 minutes for rehydration

Inclement Weather

When lightning or thunder occurs, all coaches and players must immediately take shelter. No practice or game can continue until there is no lightning or thunder for a consecutive 30 minutes.

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Concussions

1. All Associations will generally follow USA Football’s Concussion Protocol, which can be found at <https://usafootball.com/programs/heads-up-football/youth/concussion/>
2. An athlete who displays signs of a concussion must be removed from participation. Before the athlete can resume participation (game or practice) he or she must be examined by a licensed physician and released by the physician to resume participation.
3. If a concussion is diagnosed by the physician, the parent of the athlete must provide the player’s association and Chairman a release note to return to football or cheer from the physician and receive approval by the Chairman before resuming participation.
4. Disciplinary Actions for violations of concussion procedures:
 - a. First offense shall result in a monetary fine up to \$500 for the association and suspension of the coach for 4 weeks.
 - b. First offense by a parent or player shall result in the player being suspended for a minimum of 4 weeks.
 - c. Second offense by an association, coach, parent, or player shall result in being automatically removed from the League.

Hydration Guidelines

This information was taken from MomsTeam.com and the complete article can be found at <http://www.momsteam.com/print/275>.

To keep from becoming dehydrated, your child must drink fluids before, during and after exercise. To promote fluid intake in kids, fluids containing salt (i.e. sports drinks) have been shown to increase voluntary drinking by 90% and prevent dehydration compared to drinking plain water. To ensure that your child is drinking enough, you should see that she drinks fluids according to the following schedule:

Ages 6 to 12	Ages 13 to 18
<p>Before Sports Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration.</p> <ul style="list-style-type: none">• 1 to 2 hours before sports: 4 to 8 ounces of cold water• 10 to 15 minutes before sports: 4 to 8 ounces of cold water	<p>Before Sports Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration.</p> <ul style="list-style-type: none">• 1 to 2 hours before sports: 8 to 16 ounces of cold water• 10 to 15 minutes before sports: 8 to 12 ounces of cold water

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Ages 6 to 12	Ages 13 to 18
During Sports <ul style="list-style-type: none">• Every 20 minutes: 5 to 9 ounces of water or a sports drink, depending on weight (5 for a child weighing 88 pounds, 9 ounces for a child weighing 132 pounds)	During Sports <ul style="list-style-type: none">• Every 20 minutes: Between 5 and 10 ounces of water or sports drink, depending on weight
After Sports <ul style="list-style-type: none">• Post-exercise hydration should aim to correct any fluid lost during the practice.• Within two hours: at least 24 ounces of water or a sports drink for every pound of weight lost	After Sports <ul style="list-style-type: none">• Post-exercise hydration should aim to correct any fluid lost during the practice.• Within two hours: at least 24 ounces of water or a sports drink for every pound of weight lost