**Section II-Heat Policy**

**Specific heat conditions will determine activity restrictions during practice according to the following:**

***100 degree temperature and/or a heat index of 110 degree***

**Football**

**· Football teams will be in shorts and shoulder pads, with water breaks occurring every 30 minutes. Each break will be 5 minutes of total rest time with helmets off. Practice will not exceed 2 hours of total heat exposure per day. Open water policy during entire practice.**

**· Full pad workouts will have water breaks ever 20 minutes. Each break will be 5 minutes of total rest time with helmets off. Practice will not exceed 1.5 hours of total heat exposure per day. Open water policy during entire practice.**

**· Athletes should be allowed to remove helmets while not in contact drills.**

**Cross Country Workouts/Men’s and Women’s Track**

**· Long distance runners have to stay where they can be seen by the coaches. Water breaks will occur every 30 minutes with a 5 minute total rest time. Practice will not exceed 2 hours of total heat exposure per day.**

**· Track and field athletes will take a 5 minute break every 30 minutes and athletes should be off their feet.**

**Baseball, Softball, Soccer and Tennis**

**· Players will be required to take a water break every 30 minutes with 5 minutes of total rest time. Practice will not exceed 2 hours of total heat exposure per day.**

**Off-Season Programs**

**· 45 minutes of total heat exposure per day with 1 water break during this time.**

***105 degrees or 115 heat index***

**Football**

**· Shorts and shoulder pad practices only. Breaks will occur every 20 minutes. Breaks will be 5 minutes of total rest time. Workout will be 2 hours of total heat exposure.**

**· A 1 minute “station break” will be given every 10 minutes. Athletes will stay at the station they are working and athletic trainers will provide water.**

**Cross Country Workouts/Men’s and Women’s Track**

**· Runners have to stay on campus and/or within a park where they can b e seen by the coaches. Athlete cannot run routes where a coach cannot see the athletes running. Water breaks will occur every 20 minutes with a 5 minute total rest time. Practice will not exceed 2 hours of total heat exposure per day.**

**Baseball, Softball, Soccer and Tennis**

**· Players will be required to take a water break every 20 minutes with 5 minutes of total rest time. Practice will not exceed 2 hours of total heat exposure per day.**

**Offseason Workouts**

**· 30 minutes of total heat exposure per day with 1 water break during this time OR**

**· 45 minutes of total heat exposure per day with 2 waters breaks during this time.**

***107 degree or 117 heat index***

**Football**

**· Shorts, shirt and helmets only. Breaks will occur every 20 minutes. Workout will be limited to 1.5 hours of total heat exposure per day. Open water policy during entire workout.**

**Cross Country Workouts/Men’s and Women’s Track**

**· Runners have to stay on campus and/or within a park where they can be seen by the coaches. Athlete cannot run routes where a coach cannot see the athletes running. Water breaks will occur every 15 minutes with a 5 minute total rest time. Practice will not exceed 1.5 hours of total heat exposure per day.**

**Baseball, Softball, Soccer and Tennis**

**· Athletes will be required to take a water break every 20 minutes with 5 minutes of total rest time. Practice will not exceed 2 hours of total heat exposure per day.**

**Off Season Workouts**

**· 30 minutes of total heat exposure per day with 1 water break during this time or 45 minutes of total heat exposure per day with 2 water breaks during this time.**

***110 degree or 120 heat index***

**· No outside practice allowed in any sport without approval**