

SUPERVISION OF STUDENTS**October 8, 2007**

The head coach and band director shall distribute each year a copy of this policy to all student athletes and marching band students.

1. Heat index between 90 - 105 caution will be taken- practice; provide plenty of fluids and cooling (water breaks every 20 minutes); monitor for signs of heat distress.
2. Middle School:
Heat index 106-110 practice modified; removal of equipment (helmet, shoulder pads, etc.), increase duration of breaks and provide shaded areas.
Heat index 111 and above all outside practices will be cancelled; practice may be conducted indoors.
3. High School:
Heat index 106- 115 practice modified; removal of equipment (helmet, shoulder pads, etc.), increase duration of breaks and provide shaded areas.
Heat index of 116 and above all outside practices will be cancelled; practice may be conducted indoors.
4. Practice conducted when school is not in session will be changed to early morning or late afternoon if the heat will be a factor during regular practice time.
5. Practice conducted after school may be changed to a later time if heat index is a factor at the regular practice time.
6. Psychrometer will be used to measure heat index.
7. Coaches and band director will monitor fluid intake of all student athletes and marching band students.
8. Student athletes, marching band students, and parents are to be provided information regarding proper hydration and nutrition during in-season training.