

2024 PROPOSED POLICY CHANGES - Operations

1 POLICY 41

2 **EXERTIONAL HEAT ILLNESS**

3
4 Heat illness is a cause for concern for high school student-athletes beginning pre-season practices in the warm, summer months
5 and other times of extreme heat or other transitional periods when returning to school after summer, winter, spring, or any
6 extended break including injury or illness. The most serious heat illness, exertional heat stroke, is one of the leading causes of
7 preventable death in these athletes. Heat production during intense exercise is 15 to 20 times greater than at rest and can raise
8 body core temperature one to two degrees Fahrenheit every five minutes unless heat is dissipated. The following policy
9 provides guidelines and procedures for conducting preseason practices and activities to ~~insure~~ ensure the well-being of student-
10 athletes.
11

12 **41.1 Education of Management of Heat Illness**

13 **41.1.1 Requirement for Coaches and Student Athletes.** All FHSAA member school head coaches and paid/
14 supplemented coaches and student athletes ~~are required to shall~~ annually view the FREE NFHS online education course “Heat
15 Illness Prevention”. This free NFHS heat illness course may be viewed online at www.nfhslearn.com.

16 **41.1.2 Recommendation.** All member school personnel, contest officials, student-athletes, parents, and media are
17 strongly encouraged to educate themselves by viewing the FREE NFHS online education course “Heat Illness Prevention”.
18 This free NFHS heat illness course may be viewed online at www.nfhslearn.com.
19

20 **41.2 Intent.** The intent of this policy is to keep student-athletes safe by emphasizing safety parameters at the start of any
21 sport season as students begin exertional activities. The policy reminds coaches of all sports that heat, especially here in Florida
22 and across the southeast United States, can be dangerous and is regarded as one of the top causes of sudden death in young
23 athletes. This policy requires FHSAA member schools to follow a preseason acclimatization and recovery model for all sports
24 ~~that to enhances enhance~~ student-athlete well-being. The policy also requires individual schools, or districts, to ~~select and~~
25 ~~promote a method of environmental monitoring to be used outside the acclimatization period~~ monitor environmental
26 conditions during and after the acclimatization period (14 days) and comply with standard recommendations for practice
27 modifications, for the safety of the student-athlete.

28 **41.2.1** These policies provide general regulations and shall be applied year-round for conducting preseason practices and
29 voluntary conditioning sessions for secondary school-age student athletes, ~~and to provide recommendations for voluntary~~
30 ~~conditioning workouts.~~ This policy also provides the requirements for environmental monitoring and provides the approved
31 modification index required by all member schools and sports.

32 **41.2.2** ~~These policies should be applied before and during the academic year to ensure the athletes arrive with and maintain~~
33 ~~adequate sport-specific conditioning.~~

34 **41.2.32** Application of these regulations should not be based solely on the information contained here within; but should
35 represent the minimal safety precautions promoted through the FHSAA. Coaches and Schools are encouraged to review
36 published recommendations through the NFHS or the National Athletic Trainers Association and other reliable resources to
37 further protect student-athletes from the harmful effects of the heat.

38 **41.2.43** Individuals responsible for supervising student-athletes are equally using these guidelines are responsible for
39 prudent judgment when making decisions with respect to safety at each practice and event, for each athlete and within each
40 ~~facility and each athlete is responsible for exercising caution when following these general requirements or venue.~~
41

42 **41.3 Heat Acclimatization.** Heat acclimation or acclimatization plays a large part in the body’s physical responses
43 and overall ability to cope with heat exposure. Heat acclimatization is a broad term loosely defined as a complex series of
44 changes or adaptations that occur in response to heat stress in a controlled environment for approximately 7 to 14 days. These
45 adaptations, such as increased sweat rate, earlier onset of sweat, improved skin blood flow, and improved fluid balance, are
46 beneficial to exercise in the heat and allow the body to cope better with heat stress.

47 **41.3.1 Rationale.** The recommendation of the National Federation of High School Association’s (NFHS) Sports
48 Medicine Advisory Committee (SMAC) and the National Athletic Trainers’ Association’s (NATA) Secondary School
49 Committee, that all sports use acclimatization and recovery principles to develop their preseason practice schedules for the
50 purpose of enhancing the student athlete well-being, is based on the following: The primary focus of the preseason period
51 should be to provide an adjustment period to the intensity and duration of exercise and environmental conditions. These
52 procedures are based upon medical literature. Careful consideration should be given to the various levels of fitness in the high

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1 school student-athlete. Coaches should progressively phase in conditioning periods during the first 7 to 14 days of practice to
2 minimize the risk of injury during this transition period from off-season to in-season activity. Research indicates introducing
3 new conditioning activities gradually reduces the risk of injury and allows for proper physiologic adjustment for competitive
4 athletes. Using excessive conditioning and exercise as punishment is dangerous and is restricted for the safety of all athletes.
5 Even once acclimatization has occurred, there is still a risk of heat-related illness in extreme conditions.
6

7 **41.4 Definitions.**

8 **41.4.1 Voluntary Conditioning.** Voluntary conditioning is defined as any conditioning (i.e., running, weightlifting,
9 warm-up, stretching, or cool-down) that occurs outside the season as defined in Policies 20 and 21.

10 **41.4.2 Official Practice.** An official practice is defined as one continuous period of time in which a participant engages
11 in physical activity. ~~It is required that~~ Each practice shall be no more than three (3) hours (~~3 hours~~) in length and consist of no
12 more than 90 minutes of intense exercise. Warm-up, stretching, and cool-down activities are to be included as part of the
13 official practice time. All conditioning and/ or weight room activities shall be considered part of the official practice beginning
14 on the first calendar day of official sport season.

15 41.4.2.1 Should restrictions apply, restrictions can be lifted as environmental conditions improve, and when
16 approved by healthcare personnel, provided the total time of the practice does not exceed three (3) hours. (See Policy 41.8.2)

17 **41.4.3 Acclimatization Period.** The acclimatization period is defined as the first 14 calendar days of a student-
18 athletes' participation, beginning with the first allowable date of practice in that sport or the first day an athlete begins official
19 practice, whichever is later. All FHSAA sports are included in this policy. All student-athletes, including those who arrive to
20 preseason practice after the first official day of practice, must adhere to the safety precautions afforded by this acclimatization
21 policy. This period does not restrict an athletes' availability to participate in a contest, except football and cross country as
22 noted below, but does restrict the ~~amount number~~ of total hours an athlete can participate on a daily and weekly basis regardless
23 of contest or practice.

24 **41.4.4 Walk-Through.** A walk-through ~~shall be defined as is~~ an additional teaching/learning opportunity for student-
25 athletes and coaches with no protective equipment (i.e., helmets, shoulder pads, shin guards) or equipment related to a given
26 sport (i.e., footballs, blocking sleds, pitching machine, soccer balls, etc.). The duration of any walk-through must not exceed
27 one (1) hour in length. A walkthrough shall not include conditioning or weight room activities.

28 **41.4.5 Recovery Period.** A recovery period is ~~defined as~~ the time between the end of one practice or walk-through and
29 the beginning of the next practice or walk-through. Physical activity is restricted during this time ~~period~~ (i.e., speed, strength,
30 conditioning, or agility drills). Walk-throughs are prohibited during ~~this a~~ recovery period.
31

32 **41.5 Acclimatization Procedures**

33 **41.5.1** Prior to participation in any preseason practice activities, all student-athletes ~~are required to~~ shall undergo a Pre-
34 Participation Physical Evaluation (see Bylaw 9.7, Form EL 2) administered as required by state law.

35 **41.5.2** The student and parent or legal guardian, duly appointed by a court of competent jurisdiction, must submit release
36 forms provided by the association (Form EL3 – Consent and Release from Liability Certificate).

37 **41.5.3** During the first seven days of an athlete's participation, ~~it is required that the~~ participants shall not engage in more
38 than one practice per day.

39 **41.5.4** If a practice session is interrupted by inclement weather or heat restrictions, ~~it is required~~ the session shall be divided
40 for the good of the student-athlete's welfare as long as the combined total practice time for that session does not exceed three
41 (3) hours. The addition of a walk-through session in this situation is acceptable provided it is added because of a weather-
42 related disruption and occurs inside an air-conditioned facility. To allow for acclimatization, approximately two (2) hours of
43 activity in the heat would be considered a practice day.

44 **41.5.5** Competition is counted as three (3) hours. An official practice is not permitted on the same day of a competition.

45 **41.5.6** A walk-through is permitted during Days 1 – 6 of the acclimatization period. ~~However, a one-hour~~ A three (3) hour
46 recovery period ~~is required shall occur~~ between the end of practice and the start of the walk-through or vice-versa.

47 **41.5.7** Football only (including spring): Due to the protective equipment required in football, these additional procedures
48 apply: the first two (2) days of practice are restricted to helmets only, days 3-5 can introduce shoulder-pads with shorts and
49 then beginning day six (6) of practice, full gear can be utilized, and body-to-body contact is permitted. Student-athletes who
50 begin practice with a team after the start of official practice ~~will be required to~~ shall follow this same 6-day procedure. During
51 the initial five (5) days, the use of arm shields, tackling and blocking dummies, sleds and other devices can be used for

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- 1 instructional purposes, however, deliberate body-to-body contact is prohibited. Participation in a padded contact summer camp
2 does not waive the provisions of the acclimatization procedures.
- 3 ~~41.5.8~~ For Football athletes shall not participate in a contest until, the first availability for a contest would be after completion
4 of the 6 practice sessions as listed above ~~in 41.5.6.~~
- 5 ~~41.5.9~~ Cross country athletes shall participate in a minimum of 10 practice sessions on 10 separate days prior to the first
6 contest. It is strongly recommended that line-of-sight supervision is provided for cross country runners during the
7 acclimatization process.
- 8 ~~41.5.910~~ Beginning Day 8, ~~it is required that~~ the practice schedule shall not exceed a 2-1-2-1 format. This means that a day
9 consisting of two practices should be followed by a day with only one practice. On a day consisting of two practices, the two
10 practices ~~must shall~~ be separated by at least three (3) hours of continuous rest. One walk-through session may be added to a
11 day with a single practice session, with a minimum of three (3) hours of continuous rest time between the practice and walk-
12 through. If a two-practice day were followed by a day off, a two-practice day would be permitted on the next day.
- 13 ~~41.5.1011~~ On days when two practices are conducted, ~~it is required that either neither~~ practice ~~not shall~~ exceed three (3)
14 hours in length and student-athletes not participate in more than five (5) total hours of practice activities on these days, Warm-
15 up, stretching, and cooldown activities are included as part of the official practice time. Practices must be separated with at
16 least three (3) continuous hours of recovery time between the end of the first practice and the beginning of the very next
17 practice. A walk-through is not permitted on days that have two (2) official practices. Weekly practice time shall not exceed
18 twenty-four (24) hours for days 8-14.
- 19 ~~41.5.1112~~ On days when a single practice is conducted, ~~it is required that~~ practices shall not exceed three hours (3 hours)
20 in length. A walkthrough is permitted after a minimum ~~one-hour three (3) hour~~ recovery period between the end of the first
21 practice and the walk-through, or vice-versa.
- 22 ~~41.5.1213~~ ~~It is recommended that~~ Any voluntary conditioning session is subject to §1006.165, F.S. and is limited to three
23 (3) hours maximum per session and these sessions should include the safeguards listed within 41.6 below FHSAA Policies
24 40, 41, 42, and 43.
- 25 ~~41.5.13~~ Cross Country: ~~Individuals must participate in a minimum of 10 practice sessions on 10 separate days prior to the~~
26 ~~first contest.~~
- 27
- 28 **41.6 Monitoring Heat Stress Environmental Conditions.** ~~The following governs procedures for monitoring~~
29 ~~heat stress (§ 1006.165, F.S.):~~
- 30 ~~41.6.1~~ §1006.165, F.S. requires the FHSAA to establish guidelines for monitoring heat stress and identify heat stress levels
31 at which a school shall make a cooling zone available for each outdoor athletic contest, practice, workout, or conditioning
32 session. These requirements establish regulations that dictate modifications in activity (i.e., work/rest ratios, hydration breaks,
33 equipment worn, length of practice, etc.) at given Wet Bulb Globe Thermometer (WBGT) readings. These proactive provisions
34 play a huge factor in helping to prevent exertional heat illness including exertional heat stroke (EHS).
- 35 ~~41.6.2~~ Each member school ~~must shall~~ monitor heat stress with a WBGT. Heat stress is determined by measuring the ambient
36 temperature, humidity, wind speed, sun angle, and cloud cover at the site of the athletic activity. ~~The following guidelines are~~
37 ~~to be adhered for the following heat stress readings (as suggested by the SMAC):~~
- 38 ~~41.6.3~~ A WBGT Device is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation
39 from the sun to get a measurement that can be used to monitor environmental conditions (heat stress) during exercise. A
40 WBGT device will have a black globe on the device. It is also recommended that your devices have a fan so that wind speed
41 can be accurately registered.
- 42 ~~41.6.4~~ **Off-Campus Activities.** ~~All off-campus athletic activities are included in this policy.~~
- 43 ~~41.6.5~~ **Indoor Activities.** ~~Member schools shall be aware of indoor environmental conditions that become dangerous~~
44 ~~especially without climate control or climate control systems that are not functioning properly. In these cases, prudent safety~~
45 ~~decision-making shall be managed by the school principal or his/her designee.~~
- 46
- 47 **41.7 WBGT Procedures**
- 48 ~~41.7.1~~ Anytime the WBGT reading is reasonably expected to exceed 82 degrees, the WBGT device shall be used to record
49 environmental conditions and modifications shall be implemented for the safety of participants in all outdoor athletic activities.
- 50 ~~41.7.2~~ The WBGT device should be set up and allowed to acclimatize at the venue at least 15-20 minutes prior to starting
51 the activity (outdoor field, indoor gym, weight room, etc. – if non-air conditioned).

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- 1 41.7.3 The WBGT should be set up three (3) feet above the surface of the field or turf and away from any obstructions.
- 2 41.7.4 The WBGT should be set up in the sun, not under shade. If in a non-climate-controlled building such as a gym, the
- 3 WBGT should be switched to indoor mode.
- 4 41.7.5 The WBGT should be monitored throughout the duration of the practice or event approximately every 30 minutes.
- 5 41.7.6 If the WBGT reading moves into a different zone, the appropriate modifications should be made.
- 6 41.7.7 If the WBGT reading increases, then you modify to follow the equivalent work/rest ratio.
- 7 41.7.8 If the WBGT reading decreases, then you modify to follow the equivalent work/rest ratio.

41.8 WBGT Index for Practices

- 10 41.8.1 The WBGT index provides standard modification requirements for preseason practices and for any in-season
- 11 practices where environmental conditions are dangerous.
- 12 41.8.2 WBGT modifications should be fluid, meaning that if the conditions get more restrictive during the day or a particular
- 13 practice, modifications should be more restrictive. As environmental conditions improve, modifications can become less
- 14 restrictive.
- 15 41.8.3 The WBGT index is designed for practice situations when the risk of heat related injury is extreme.

WBGT Reading	Permitted Practice Activity
< 82.0	Normal activities.
82.1-87.0	Three (3) separate four (4) minute breaks per hour of activity.
87.1-90.0	Maximum two (2) hour activity time. Four (4) separate four (4) minute rest breaks per hour of activity. For football, student-athletes are restricted to helmet, shoulder pads, and shorts during activity. <u>If WBGT reading rises to this level after practice has begun, student-athletes may continue to workout wearing football pants without changing into shorts.</u>
90.1-92.0	Maximum one (1) hour activity time. Five (5) separate four (4) minute rest breaks. No protective equipment permitted. No conditioning activities permitted.
≥ 92.1	No outdoor activities.

- 16 41.6.241.8.5 ~~Cooling zones must be available for each outdoor athletic contest, practice, workout, or conditioning session.~~
- 17 ~~Cooling zones are designated areas that must shall~~ include the immediate availability of cold-water immersion tubs or
- 18 ~~equivalent and can also include the following: ice sponges and towels or tarps~~ Tarp Assisted Cooling Oscillation (TACO) that
- 19 ~~can be filled with ice and wrapped around individuals to rapidly cool internal body temperature. The presence of an employee~~
- 20 ~~or volunteer trained to administer cold-water immersion is required~~ An individual trained to administer cold-water immersion
- 21 shall be present at the location of the equipment.
- 22 41.8.6 Cooling zones shall be available for each outdoor athletic contest, practice, workout, or conditioning session as
- 23 designated by this policy.
- 24 41.8.7 Member schools shall have the immediate availability of an adequate ice supply to be used in the event of emergency
- 25 and keeping hydration fluids appropriately chilled and readily accessible to students participating in exertional activities.
- 26 41.8.8 When ice or other emergency related equipment is not readily accessible, schools shall have alternative onsite
- 27 safeguards to ensure the safety of all participants.

41.9 Interscholastic Contests.

- 30 41.9.1 In advance of an interscholastic contests, school authorities shall be aware of any potential environmental risk
- 31 including extreme heat and WBGT conditions.
- 32 41.9.2 Member schools shall work with game staff to ensure adequate safety measures are in place before beginning the
- 33 event, during, and after the event.
- 34 41.9.3 Member schools shall review all appropriate modifications necessary for the safety of all participants. These
- 35 possibilities may include modifications to start time, warm-up routine, venue location, having additional onsite safety
- 36 personnel, having multiple cooling zones and various modalities, requiring additional staff training, providing tented areas or
- 37 shade zones, adding water/rest breaks, or, whenever most appropriate, postponement of the contest until a safer WBGT reading
- 38 is achieved.
- 39 41.9.4 School personnel responsible for measuring the WBGT will provide timely data to the school principal or his/her
- 40 designee in advance of any scheduled event where heat may be or become a factor. School personnel will use this data and

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1 exercise practical authority as described above to consider any additional safety modifications up to and including
 2 postponement.

3 **41.9.5 WBGT Index for Interscholastic Contests.** The index below shall be used for reference for any outdoor
 4 event:

WBGT Reading	Sport	Required Modifications
<u>≤82.0</u>	<u>All Sports</u>	<u>Normal, unrestricted activities. Reasonable rest and water breaks are encouraged throughout the event.</u>
<u>82.1-87.0</u>	<u>Football</u>	<u>Shall provide a minimum two (2) minute rest break per quarter. Break shall be taken at a reasonable break in action midway through the quarter (change of possession, touchdown, or field goal). Host teams shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue.</u>
	<u>Golf</u>	<u>Coaches shall ensure all golfers are provided access to chilled drinking fluids.</u>
	<u>Cross Country</u>	<u>Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue. Teams shall have two (2) separate hydration stations strategically placed throughout the course.</u>
	<u>Baseball</u> <u>Beach Volleyball</u> <u>Flag Football</u> <u>Lacrosse</u> <u>Soccer</u> <u>Softball</u> <u>Swimming & Diving</u> <u>Tennis</u> <u>Track & Field</u> <u>Water Polo</u>	<u>Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue.</u>
<u>87.1-90.0</u>	<u>Football</u>	<u>Teams shall take a mandatory hydration break at or near the six (6) minute mark of each quarter, lasting three (3) minutes (change of possession, touchdown, or PAT). All participants shall remove their helmets and no coaches are permitted on the field at this time. It is recommended that players who are actively engaged in the competition shall come to the sideline, remove their helmets, and hydrate until such time that they re-enter the field of play. Host teams shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue.</u>
	<u>Golf</u>	<u>Coaches shall ensure that all golfers are provided access to chilled drinking fluids. Reasonable efforts to provide options for shade should be considered.</u>
	<u>Lacrosse</u> <u>Soccer</u>	<u>Teams shall take a mandatory three (3) minute hydration break at or near the twenty (20) minute mark of each half. Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue.</u>
	<u>Cross Country</u>	<u>Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue. Teams shall have two (2) separate hydration stations strategically placed throughout the course.</u>
	<u>Baseball</u> <u>Softball</u>	<u>Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue. Beginning at the mid-point of inning three (3) and continuing until the conclusion of the game, at each mid-point, teams shall take a three (3) minute hydration break.</u>
	<u>Tennis</u>	<u>Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue. Host team shall provide options for shade cover. Teams shall provide a five (5) minute rest break between the 2nd and overtime sets.</u>
	<u>Beach Volleyball</u> <u>Flag Football</u> <u>Swimming & Diving</u> <u>Track & Field</u>	<u>Host team shall provide cold-water immersion modality ready to use and immediately accessible to the venue. Host team shall provide options for shade cover.</u>

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	<u>Water Polo</u>	
<u>≥90.1</u>	<u>Football</u>	<u>Teams shall take a mandatory hydration break at or near the four (4) minute and eight (8) minute mark of each quarter, lasting three (3) minutes (change of possession, touchdown, or PAT). All participants shall remove their helmets and no coaches are permitted on the field at this time. It is recommended that players who are actively engaged in the competition shall come to the sideline, remove their helmets, and hydrate until such time that they re-enter the field of play. Host teams shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue.</u>
	<u>Golf</u>	<u>Reasonable consideration should be provided for shade options and unrestricted access to hydration fluids. Coaches shall monitor all golfers for any signs or symptoms of exhaustion and emergency measures taken. Coaches shall review EAP for heat emergencies with golf course, golfers, and participating teams.</u>
	<u>Lacrosse Soccer</u>	<u>Teams shall take a mandatory five (5) minute hydration break at or near the twenty (20) minute mark of each half. Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue.</u>
	<u>Cross Country</u>	<u>Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue. Teams shall have two (2) separate hydration stations strategically placed throughout the course.</u>
	<u>Baseball Softball</u>	<u>Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue. Beginning at the mid-point of inning three (3) and continuing until the conclusion of the game, at each mid-point, teams shall take a three (3) minute hydration break.</u>
	<u>Tennis</u>	<u>Teams shall provide a ten (10) minute rest break between the 2nd set and additional play. Host team shall provide options for shade cover. All participants shall be directed to seek shade, hydration, and rest during this mandatory break. Host team shall provide a cold-water immersion modality ready to use onsite and immediately accessible to the venue.</u>
	<u>Track & Field</u>	<u>Host team shall have a cold-water immersion modality ready to use onsite and immediately accessible to the distance running finish line. Host team shall provide options for shade cover. Prudent decisions should be made for additional emergency modalities based upon the number of teams and athletes present at the venue.</u>
	<u>Beach Volleyball Flag Football Swimming & Diving Water Polo</u>	<u>Host team shall provide cold-water immersion modality ready to use and immediately accessible to the venue. Host team shall provide options for shade cover.</u>

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41.9.6 If the school principal or his/her designee of one or both schools involved in an athletic contest request that the contest be delayed, interrupted, or postponed for oppressive heat as demonstrated by an official WBGT reading, except for FHSAA State Championship Series events, the official shall immediately honor such request. In no case may a contest official deny any request by a school principal or his/her designee to delay, suspend, or postpone an outdoor contest due to inclement weather, including oppressive heat as demonstrated by an official WBGT reading, or imply that the contest will be forfeited because of such request. The FHSAA administrative staff, State Finals host, and official s shall manage any heat-related or environmental weather situations at FHSAA State Finals events.

41.9.7 Member school personnel are reminded to plan and communicate in advance for travel to any “away” contest schools, especially those outside of their immediate locale, county, region, or state. The policies followed by non-member schools, or the availability of safety equipment and procedures at your home school may differ significantly from those found at other schools and locations. It is your responsibility to ensure the safety of your student-athletes regardless of location. By planning in advance, allows time for appropriate decision-making for the safety of all participants.

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1 **41.9.8** For any interscholastic contest where the heat may be a factor, member schools shall plan for safety as outlined in
2 this policy including the immediate availability of cooling modalities and comprehensive Emergency Action Plans (EAP) to
3 address heat emergencies.

4 ~~41.6.2.1~~**41.9.9** Each member school's emergency action plan ~~must~~ shall include a procedure for onsite cooling using cold-
5 water immersion or equivalent means before a student-athlete is transported to a hospital for exertional heatstroke.

6 ~~41.6.3~~ **41.9.10** Coaches ~~must~~ shall adopt a heat injury prevention philosophy by always promoting unrestricted access to
7 water. ~~at all times and~~ A student athlete should never be denied access to water.

8 **41.9.11 Off-Campus Activities.** All off-campus athletic activities are included in this policy.

9 ~~41.6.3.1~~ **41.9.12** Student-athletes who participate in activities that last for an extended amount of time or multiple
10 activities in a day should be provided electrolytes to assist in rehydration.

11 ~~41.6.4~~ **41.9.13** Rest breaks ~~must involve~~ shall encourage unlimited hydration intake and rest without any activity involved
12 and shall occur in shaded areas. The use of shade tents is strongly recommended for low shade areas.

13 ~~41.6.5~~ **41.9.14** Each athletic coach involving outdoor practices or events shall annually complete training in exertional
14 heat illness identification, prevention, and response, including the effective administration of cooling zones.

15 ~~41.7~~ It is strongly recommended that all member schools use methods of monitoring the environment using devices like a
16 Wet Bulb Globe Temperature device.

19 **41.8 Sanctions on Coaches**

20 **41.8.1 Level 1 Suspension.** A head coach who commits a violation of any condition listed in Policy 41 will be
21 ineligible to coach or attend any contest, at any level, for a minimum of the next contest during the period of suspension; or

22 **41.8.2 Level 2 Suspension.** A head coach who receives a second Level 1 Suspension due to a violation of any
23 condition listed in Policy 41, or commits multiple violations in Policy 41 will be ineligible to coach or attend any interscholastic
24 athletic contest in any sport, at any level, for a period of up to six (6) weeks; or

25 **41.8.3 Level 3 Suspension.** A head coach who receives a second Level 2 Suspension for violating any condition of
26 Policy 41 or commits an egregious violation of Policy 41, as determined in the sole discretion of the Executive Director, will
27 be ineligible to coach or attend any interscholastic athletic contest in any sport for a period of up to one (1) year.