



North Texas Family Health, LLC
Athletic Pre-Participation Physical Examination
Heat & Humidity Policy

School Year 2019-2000

Heat and Humidity Awareness: North Texas Family Health strongly encourages monitoring the heat and humidity during all sports and activities during the warmer months. This includes practices, games, and voluntary conditioning.

GUIDELINES FOR HYDRATION AND REST BREAKS:

- Rest time should involve both unlimited hydration intake (water or electrolyte replenishment drinks) and rest without any activity
- For football, helmets should be removed during rest times.
- The site of rest should be a "cooling zone" and not in direct sunlight.
- When the WBGT (Wet-Bulb Globe Temperature) Index reading is over 86:
 - Ice towels and spray bottles filled with ice water should be available in the "cooling zone" to aid in the cooling process
 - Cold immersion tubs should be available for practices for the benefit of any player showing early signs of heat illness.

(WBGT Index is used to estimate the effect of temperature, humidity, wind speed, and sunlight on the human body)

It is recommended that all guidelines be followed in such a way that the best interests of our student-athletes be made our number one priority. It is also recommended that coaches constantly teach our student-athletes about proper hydration throughout each practice/game/event. It is important that student-athletes be allowed to carry water with them during the day to hydrate themselves, on days of practices and games, while the weather has the possibility of reaching critical levels in relation to the heat and humidity.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT

Student-Athlete's Signature: _____

Parent/Guardian's Signature: _____

Today's Date: _____