

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Heat Participation Policy Record Chart

School: _____

Sport: _____

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION???	SIGNATURE

WBGT READING	ACTIVITY ZONES, ACTIVITY GUIDELINES, AND REST BREAK GUIDELINES
Under 80.0 F	1 - Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
80.0 F – 85.0 F	2 - Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
85.1 F – 88.0 F	3 - Maximum practice time is 2 hours, <u>For Football</u> : no protective equipment may be worn during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing into shorts. <u>For Field Hockey Goalies</u> : All protective equipment must be removed for conditioning activities. <u>For All Sports</u> : provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
88.1 F – 90.0 F	4 - Maximum length of practice is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice and there may be no conditioning activities. <u>For All Sports</u> : there must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 90.0 F	5 - NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

GUIDELINES FOR HYDRATION AND REST BREAKS

- Rest time must involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
- For Football: helmets must be removed during rest time. For Field Hockey: goalie helmets must be removed during rest time.
- The site of the rest time must be a “cooling zone” and not in direct sunlight.
- When the WBGT reading is over 85.0:
 - A cold water immersion tub or tarp (taco/burrito method) must be available for practices and games for the benefit of any player showing early signs of heat illness.
 - Ice towels, spray bottles filled with ice water or their equivalent must be available at the “cooling zone” to aid in the cooling process.