

## **Heat Procedure for DAYFL Athletes**

**Open water policy will be in place for entirety of all practice sessions, regardless of activity.**

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

### **100 degrees or 110 heat index**

#### **Football**

- Football players in shorts, shoulder pads, and helmets, will take water breaks every 20 minutes. Each break will be 5 minutes of total rest time with helmets off. Practice will not exceed 2 hours of total heat exposure. Open water policy during entire practice.

- Full pad workouts will have water breaks every 15 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. Athletes should be allowed to remove helmets while not in contact drills.

No outside practice when temperature exceeds 105 degrees and/or a 115 degree heat index as measured at the beginning of the practice time.