

Hot Weather Guidelines for Summer Practices

Definition of Summer Practice:

Summer Practice is from the time the school year ends until the first day of fall practice set by the NCHSAA. Most of our athletic programs offer opportunities for practice during this time period. Coaches are in charge of the practices, and athletic trainers are not usually available. Hot weather conditions are a concern.

For Summer Practice (June 14, 2011 until first day of fall practice set by NCHSAA)

- Education – Cover Hot Weather Guidelines and Information (prevention, proper hydration, recognizing symptoms, treatment) with all athletes and parents.
- Acclimatization – Consider all participants and their level of conditioning when developing your practice plan.
- Coach/athlete communication is a necessity. Athletes need to let the coach know of any problems that they are experiencing.
- Be adaptable to weather: shorten practice, change practice times, modify practice
- Do not practice outside between the times of 10:00 AM and 5:00 PM.
- Have water available at all practices.
- The coach has a duty to evaluate injury and provide emergency care (see # 3 below).
- Coaches must follow all “WCPSS Hot Weather Guidelines for Athletic Practice.” This includes recording Pre and Post Weigh-Ins (Football only). **Head football coaches or designee must supervise “weigh-ins” of football players for all summer practices. Supervise means making sure that pre and post weigh-ins are properly taken, recorded, and evaluated for 3% weight loss.**
- The coach or designee will check hot weather conditions prior to practice using the digital psychrometer, sling psychrometer and/or Wet-Bulb Temperature Approximate Measurements information sheet.
- Form “Summer Athletic School Activity Requirements and Use of Activity Bus” filled out which includes: Summer athletic school activities are strictly voluntary in nature for coaches and athletes.
 1. The coach volunteers his/her services to the school in writing.
 2. The coach is approved by the principal in compliance with school system procedures.
 3. The coach has an emergency protocol in case of injuries.
 4. The athletes have parental permission.
 5. The athletes have updated physicals.
 6. The athletes have information on the WCPSS interscholastic athletic insurance.
 7. Athletes not eligible by NCHSAA standards have certification of accident insurance.