

C.S.A.A. HEAT INDEX RULES - 2008

COACHES (**Tackle Football**), THESE HEAT INDEX GUIDELINES ARE NOW IN PLACE. Everyday, it will be announced on Thom Wachtel's CSAA Football website **BY 9:00 A.M.** It will be the responsibility of each school to have someone from your staff to check the website for this information. We will also send out an e-mail each day, however, we need the person responsible to send an e-mail to the following address to register for the CSAA HEAT INDEX E-MAIL LIST: heat@insightbb.com (We would also like to have each of the head coach's e-mail address.)

<p><u>WHITE DAY</u></p> <p>Under 95 degrees Heat Index</p>	<ul style="list-style-type: none"> • CSAA Tackle Football • Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. • Optional water breaks every 30 minutes for 10 minutes in duration. Helmets off during water breaks. • Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action 	<p><u>RED DAY</u></p> <p>100 degrees to 103 degrees Heat Index</p>	<ul style="list-style-type: none"> • CSAA Tackle Football • Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. • Mandatory water breaks every 30 minutes for 10 minutes in duration. Helmets removed during water break. • Helmets and other possible equipment removed if not involved in contact. • Mandatory Ice-down towels for cooling • Watch/monitor athletes carefully for necessary • Last 30 minutes of practice will be with out shoulder pads.
<p><u>GRAY DAY</u></p> <p>95 degrees to 99 degrees Heat Index</p>	<ul style="list-style-type: none"> • CSAA Tackle Football • Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. • Mandatory water breaks every 30 minutes for 10 minutes in duration. Helmets removed during water break. • Helmets and other possible equipment removed if not involved in contact. • Mandatory Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action 	<p><u>BLUE DAY</u></p> <p>Above 103 degrees Heat Index</p>	<ul style="list-style-type: none"> • CSAA Tackle Football • No practice • You may have chalk talks or watch film with the players in an air condition location. • If you do a chalk talk or watch film this will count as a night of practice.