



Dear Parent:

The Georgia High School Association requires that each sport that practices or plays outside during extreme heat to notify parents of the guidelines regarding the heat index.

All coaches are required by the Columbia County School System to adjust practice times or water intake according to the following guidelines:

<u>Heat Condition Level</u>	<u>HX</u>	<u>Water-Fluid Intake/Work/Rest (each hour)</u>
1	75-79° F	Minimum of 8 oz / Continuous
2	80-90° F	Minimum of 8 oz / 50 min. / 10 min.
3*	90-100° F	Minimum of 16 oz / 45 min. / 15 min.
4**	101-110° F	All Outdoor Activities Suspended

A full copy of procedure JH is located on our athletic website.

Please sign below acknowledging that you have read and understand the Columbia County School System heat index guidelines. If you have any questions regarding practice times or the heat index guidelines, please contact your child's coach.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date