

ATHLETIC PRACTICES ANNOUNCEMENT
Notice to all school athletes and parents of athletes:

As you are aware, all fall sports teams in our schools have begun their pre-season practice sessions (high schools on July 29 and middle schools on August 8). Since these practices are taking place in one of our hottest of all months, we want to notify you of the following procedures that are in place for athletic practices and contests in our school district:

- Teams are allowed to practice outside under strict adherence to our District's "Guide for Outdoor Practices in High Temperatures and Humidity." These guidelines are adopted from the National Athletic Trainers Association (NATA) and are based upon the latest research on heat and hydration practices. Click here, "[Heat Guidelines](#)," to access a full copy of this guide for coaches and athletes (also located on our District website's "Sports" page).
- All of our outdoor practices are monitored by our Certified Athletic Trainers. These trainers are members of the National Athletic Trainers Association and are employees of the Greenville Hospital System and the Steadman Hawkins Clinic of the Carolinas. In our school district, these sports medicine professionals—not our coaches—control whether or not the team is allowed to practice outside and what conditions (equipment and clothing) they are allowed to have on as directed in the *Wet Bulb Temperature Chart* in the Guide for Outdoor Practices.
- All of the trainers are equipped with [sling psychrometers](#) to determine wet bulb temperature readings by combining temperature and humidity.
- Additionally, all football players are weighed in before practice and after practices during the month of August to monitor their fluid loss during practices and when they return to the next practice to check for abnormal fluid replacement.

Below are some suggestions for parents and athletes for good hydration practices and preventing any heat illness condition from arising:

- **Inform** your school's trainer and coach of any pre-existing heat illness, gastro-intestinal condition and/or medical complication prior to exercising in the heat.
- **Replace** fluids at a rate of 24 fluid ounces for every pound of body weight lost after exercise.
- **Begin** every athletic activity well hydrated. We suggest drinking plenty of water as they arrive to get ready for practice and before they go onto the field or court for practices.
- **Drink** fluids during exercise. The average person should drink 8 – 12 oz of fluid every 20 to 30 minutes.
- **Check** urine color. Urine color is an easy method to determine hydration status. Light yellow to clear urine indicates a well-hydrated athlete.