

**\*\*\*ALL COACHES AND PARENTS\*\*\***

Should the weather conditions present in what is deemed non-severe, any board member present at practices can elect to resume normally scheduled football activities. This will be a day-by-day decision to be made at the start of scheduled practices.

The following are guidelines to be followed in the event of severe temperatures or a Heat Advisory.

- All practices will be cut to 1 hour 30 minutes. Therefore practice will end this week at 7:30pm.
- Water breaks will be taken by all teams every 15 minutes.
- Full helmets and pads will be allowed during the first 45 minutes of practice ONLY. The remaining 45 minutes will be shirts and pants only.
- **Any** player spotted or complaining of a heat related illness will stop football activity immediately and moved to a shaded area.

Parents remember... hydration begins 8 hours prior to any activity. Water and Gatorade are the optimal drinks during this time. Any drink containing caffeine or sugars will only aide in the dehydration process. The health and safety of your players is our #1 priority. Please assist us in making the game of football during the "dog days of summer" as fun and enjoyable as we can make it.