

WEIGHT CHART

For Prevention of Heat Illness in Football Players

PROCEDURES TO BE FOLLOWED

BEFORE PRACTICE

- 1. Assign a trainer or manager to regularly maintain this
- 2. Post chart on Locker Room wall near shower.
- 3. Place scales near the chart.
- Weigh each player before practice in T shirt and
- 5. Record weight in "out" section under day's practice. (If there are 2-a-day practices use 2 spaces.)

AFTER PRACTICE

- 6. Weigh each player after practice and record in "in"
- 7. Record weight loss for each practice session for each player.
- Inform coach of all players with any significant weight

120# - 150# -- 4# 180# -- 210# -- 6# 150# - 180# — 5# over 210# — 7#

9. Have water available.

WATCH OUT FOR HEAT STROKE

HEAT STROKE IS ONE OF THE LEADING CAUSES OF DEATH IN AMERICAN FOOTBALL. HEAT STROKE CAN BE PREVENTED IF PROPER PRECAUTIONS ARE TAKEN.

• DO'S

- Allow athletes to acclimatize to weather condition. Encourage athletes to start running 2-3 weeks prior to the
 Don't schedule practice sessions during peak hot periods of the day (12 P.M.-3:30 P.M.) football season. Workouts should be increased from 20-30 minutes to 1 hour twice a day.
- 2. Record athletes weight before and after practice. Note players with large weight loss (5 pounds or greater).
- 3. Allow all players water upon demand—as they desire it.
- 4. Provide regularly scheduled rest periods during practice. 5. Obtain temperature and relative humidity readings prior to each practice.
- 6. Alter practice schedule according to weather conditions.

• DON'TS

- 2. Don't allow heavy clothing and rubber suits for reducing weight.
- 3. Don't push overweight athletes to reduce quickly.
- 4. Don't restrict fluid intake.
- Don't hesitate to get emergency help if one of your athletes develops heat related symptoms.

WEATHER FACTORS

TEMP	HUMIDITY	
80° - 90°	UNDER 70%	Observe Heavy athletes and those players susceptible to heat problems
80° - 90°	OVER 70%	Frequent rest periods and fluids Shortened practice sessions
90° - 100°	UNDER 70%	Shortened practice sessions
90° - 100°	OVER 70%	Postpone practice or T-shirt and shorts

