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| **KHSAA-new-logo-notext-189x79**  | **KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATIONFOOTBALL ONLY PRACTICE LOG AND HEAT INDEX RECORDING** | *KHSAA Form FB135*Rev. 05/15 |
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| School: |  |  |  |  |

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|  |  |  |  |  | USA Football Drill Level and Per Player Contact Time | Equipment Worn | Heat Index Monitoring Information |
| DATE | TIME | PRACTICE /CONTEST | QUARTERS(NUM/LENGTH) | LEVEL(F / JV / V / ALL) | 0Air | 1Bags | 2Thud | 3Control | 4-LiveAction | HelmetsOnly | HelmetsShoulderPads | FullGear | TEMP | HUMIDITY | HEAT INDEX (from chart) | ACTIVITY REVISION DUE TO HEAT?? |
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By signing below, the individuals certify that the information on this form is complete and accurate.

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|  |  |  |  |  |
| (Coach Signature) |  | Position (Coach) |  | (Date) |

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| (Prin/AD Signature) |  | Position (Principal or Designated Rep.) |  | (Date) |

LEGEND OF ITEMS

USA FOOTBALL CONTACT LEVELS – Indicate Activity and Time (to monitor

* Level 0 – “Air” – Players run a drill unopposed without contact.
* Level 1 – “Bags” – Drill is run against a bag or another soft-contact surface.
* Level 2 – “Control” – Drill is run at assigned speed until the moment of contact; one player is pre-determined the ‘winner’ by the coach. Contact remains above the waist and players stay on their feet.
* Level 3 – “Thud” – Drill is run at assigned speed through the moment of contact; no pre-determined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
* Level 4 – “Live Action” – Drill is run in game-like conditions and is the only time that players are taken to the ground.

HEAT INDEX SCALE

Using the following scale, activity should be altered and / or eliminated based on this Heat Index as determined –

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| Under 95 degrees Heat Index | * All sports
	+ Water should always be available and athletes be able to take in as much water as they desire.
	+ Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group
	+ Have towels with ice for cooling of athletes as needed
	+ Watch/monitor athletes carefully for necessary action.
	+ Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.
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| 95 degrees to 99 degrees Heat Index | * All sports
	+ 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 to allow for hydration as a group
	+ Have towels with ice for cooling of athletes as needed
	+ Watch/monitor athletes carefully for necessary action.
* Contact sports and activities with additional required protective equipment
	+ Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is not otherwise required by rule.
* Reduce time of outside activity. Consider postponing practice to later in the day.
* Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
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| 100 degrees (above 99 degrees) to 104 degrees Heat Index | * All sports
	+ 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 to allow for hydration as a group
	+ Have towels with ice for cooling of athletes as needed
	+ Watch/monitor athletes carefully for necessary action.
	+ Alter uniform by removing items if possible and permissible by rules
	+ Allow for changes to dry t-shirts and shorts by athletes at defined intervals.
	+ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
	+ Postpone practice to later in day.
* Contact sports and activities with additional required protective equipment
	+ If helmets or other protective equipment are required to be worn by rule or during practice, suspend practice or competition immediately
* For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day.
* Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.
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| Above 104 degrees Heat Index | * All Sports
	+ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.
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