



## 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 –

Under 95 degrees Heat Index	<ul style="list-style-type: none"> <li>❖ All sports               <ul style="list-style-type: none"> <li>➢ Water should always be available and athletes be able to take in as much water as they desire.</li> <li>➢ Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group</li> <li>➢ Have towels with ice for cooling of athletes as needed</li> <li>➢ Watch/monitor athletes carefully for necessary action.</li> <li>➢ Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.</li> </ul> </li> </ul>
95 degrees to 99 degrees Heat Index	<ul style="list-style-type: none"> <li>❖ All sports               <ul style="list-style-type: none"> <li>➢ Water should always be available and athletes should be able to take in as much water as they desire.</li> <li>➢ Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group</li> <li>➢ Have towels with ice for cooling of athletes as needed</li> <li>➢ Watch/monitor athletes carefully for necessary action.</li> </ul> </li> <li>❖ Contact sports and activities with additional required protective equipment               <ul style="list-style-type: none"> <li>➢ 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.</li> </ul> </li> <li>❖ Reduce time of outside activity. Consider postponing practice to later in the day.</li> <li>❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.</li> </ul>
100 degrees (above 99 degrees) to 104 degrees Heat Index	<ul style="list-style-type: none"> <li>❖ All sports               <ul style="list-style-type: none"> <li>➢ Water should always be available and athletes should be able to take in as much water as they desire.</li> <li>➢ Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group</li> <li>➢ Have towels with ice for cooling of athletes as needed</li> <li>➢ Watch/monitor athletes carefully for necessary action.</li> <li>➢ Alter uniform by removing items if possible and permissible by rules</li> <li>➢ Allow for changes to dry t-shirts and shorts by athletes at defined intervals.</li> <li>➢ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.</li> <li>➢ Postpone practice to later in day.</li> </ul> </li> <li>❖ Contact sports and activities with additional required protective equipment               <ul style="list-style-type: none"> <li>➢ If helmets or other protective equipment are required to be worn by rule or during practice, suspend practice or competition immediately</li> </ul> </li> <li>❖ For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day.</li> <li>❖ Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.</li> </ul>
Above 104 degrees Heat Index	<ul style="list-style-type: none"> <li>❖ All Sports               <ul style="list-style-type: none"> <li>➢ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.</li> </ul> </li> </ul>