

**HENRY COUNTY SCHOOL DISTRICT
GUIDELINES FOR OUTDOOR EXTRACURRICULAR ACTIVITIES DURING
EXTREME HOT AND HUMID WEATHER**

The Henry County School System and Luella High School are concerned about the health and safety of all student athletes. In accordance with GHSA regulations, Henry County Schools and Luella High School have developed High Heat and Humidity Practice Procedures. These procedures follow GHSA and American College of Sports Medicine recommendations. All coaches and athletic trainers are required to follow all procedures and mandates in order to insure the health and safety of all student athletes.

The safety of student athletes is a top priority of coaches, trainers and administrators at Luella High School. By adhering to the procedures outlined and with proper nutrition, hydration and conditioning of athletes, the risk of heat related injuries can be minimized.

***** Return this page signed and dated to the athletic office or to Coach Hutsell *****

Certificate of Receipt for Practice Procedures for High Heat and Humidity

By signing below I, _____ parent/guardian of

_____, acknowledge that I have received a copy of the

Practice Procedures for High Heat and Humidity for my child's school. I understand that I may contact the head coach or the athletic director if I have any questions.

Parent Signature: _____

Date: _____