

SECTION 11 – HEALTH DOCUMENTS

Extreme Heat Exhaustion

1. All teams shall adhere to the approved practice schedule in Amendment 1 - Football Season and Game Day Schedules.
2. If the temperature is 90°F or more according to a League approved weather application, practice shall be limited to a light workout without helmets and shoulder pads. Normal practice may commence once the temperature is below 90°F. Violations are subject to a fine up to \$500.00 and suspension of the Head Coach, as determined by the Chairman.
3. Players shall have unlimited access to water during practice. Practices should have predetermined water breaks approximately every 15 minutes. The timing and length of the breaks should be dependent on the environmental conditions.

Heat Acclimation Chart

Preseason and Regular Season practices shall follow USA Football recommended conditioning and as modified by RCYFL:

Day	Equipment	Contact Allowed	Duration Limit
WEEK 1			
1	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	No player to player contact allowed	90 Minutes
2	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	No player to player contact allowed	90 Minutes
3	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
4	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
*5	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
WEEK 2 through WEEK 4			
	Full Equipment, mouthpiece, and water bottle	FULL – Limited to 30 minutes per day and 120 minutes per week	*120 Minutes per practice and 5 practices per week
* Modified by RCYFL			

SECTION 11 – HEALTH DOCUMENTS

REGULAR SEASON			
	Full Equipment, mouthpiece, and water bottle	FULL – Limited to 30 minutes per day and 90 minutes per week	120 Minutes per practice and 3 practices per week

Inclement Weather

When lightning or thunder occurs, all coaches and players must immediately take shelter. No practice or game can continue until there is no lightning or thunder for a consecutive 30 minutes.

Concussions

1. All Associations will generally follow USA Football’s Concussion Protocol, which can be found at <https://usafootball.com/programs/heads-up-football/youth/concussion/>
2. An athlete who displays signs of a concussion must be removed from participation. Before the athlete can resume participation (game or practice) he or she must be examined by a licensed physician and released by the physician to resume participation.
3. If a concussion is diagnosed by the physician, the parent of the athlete must provide the player’s association and Chairman a release note to return to football or cheer from the physician and receive approval by the Chairman before resuming participation.
4. Disciplinary Actions for violations of concussion procedures:
 - a. First offense shall result in a monetary fine up to \$500 for the association and suspension of the coach for 4 weeks.
 - b. First offense by a parent or player shall result in the player being suspended for a minimum of 4 weeks.
 - c. Second offense by an association, coach, parent, or player shall result in being automatically removed from the League.

Hydration Guidelines

This information was taken from MomsTeam.com and the complete article can be found at <http://www.momsteam.com/print/275>.

To keep from becoming dehydrated, your child must drink fluids before, during and after exercise. To promote fluid intake in kids, fluids containing salt (i.e. sports drinks) have been shown to increase voluntary drinking by 90% and prevent dehydration compared to drinking plain water. To ensure that your child is drinking enough, you should see that she drinks fluids according to the following schedule:

SECTION 11 – HEALTH DOCUMENTS

Ages 6 to 12	Ages 13 to 18
<p>Before Sports Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration.</p> <ul style="list-style-type: none"> • 1 to 2 hours before sports: 4 to 8 ounces of cold water • 10 to 15 minutes before sports: 4 to 8 ounces of cold water 	<p>Before Sports Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration.</p> <ul style="list-style-type: none"> • 1 to 2 hours before sports: 8 to 16 ounces of cold water • 10 to 15 minutes before sports: 8 to 12 ounces of cold water
<p>During Sports</p> <ul style="list-style-type: none"> • Every 20 minutes: 5 to 9 ounces of water or a sports drink, depending on weight (5 for a child weighing 88 pounds, 9 ounces for a child weighing 132 pounds) 	<p>During Sports</p> <ul style="list-style-type: none"> • Every 20 minutes: Between 5 and 10 ounces of water or sports drink, depending on weight
<p>After Sports</p> <ul style="list-style-type: none"> • Post-exercise hydration should aim to correct any fluid lost during the practice. • Within two hours: at least 24 ounces of water or a sports drink for every pound of weight lost 	<p>After Sports</p> <ul style="list-style-type: none"> • Post-exercise hydration should aim to correct any fluid lost during the practice. • Within two hours: at least 24 ounces of water or a sports drink for every pound of weight lost