



KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION FOOTBALL ONLY PRACTICE LOG AND HEAT INDEX RECORDING

KHSAA Form FB135
Rev. 05/15

School: _____

| DATE | TIME | PRACTICE / CONTEST | LEVEL (F / JV / V / ALL) | USA Football Drill Level | | | | | Equipment Worn | | | Heat Index Monitoring Information | | | |
|------|------|-----------------------|--------------------------------|--------------------------|-----------|-----------|--------------|----------------------|-----------------|-----------------------------|--------------|-----------------------------------|----------|----------------------------|------------------------------------|
| | | | | 0 Air | 1 Bags | 2 Thud | 3 Control | 4- Live Action | Helmets Only | Helmets Shoulder Pads | Full Gear | 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.

_____ (Coach Signature)

_____ Position (Coach)

_____ (Date)

_____ (Prin/AD Signature)

_____ Position (Principal or Designated Rep.)

_____ (Date)

LEGEND OF ITEMS

USA FOOTBALL CONTACT LEVELS

- 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"> ❖ All sports <ul style="list-style-type: none"> ➤ 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. |
| 95 degrees to 99 degrees Heat Index | <ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ 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 <ul style="list-style-type: none"> ➤ 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. |
| 100 degrees (above 99 degrees) to 104 degrees Heat Index | <ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ 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 <ul style="list-style-type: none"> ➤ 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. |
| Above 104 degrees Heat Index | <ul style="list-style-type: none"> ❖ All Sports <ul style="list-style-type: none"> ➤ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable. |