



Oregon School Activities Association
25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 fax: 503.682.0960 www.osaa.org



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To: Athletic Directors and Fall Head Coaches
From: Brad Garrett, Assistant Executive Director
Subject: Fall Sports Practice Model

The OSAA Fall Sports Practice Model is in effect for all OSAA member schools. Outlined below are the steps that each member school shall take in order to implement the model.

1. Designate someone within your program as the person who will take the steps necessary to determine and record the heat index for your area prior to each time period that you will be conducting practice sessions. Depending on practice schedules it is possible that the designated person will have to record the heat index multiple times on the same day.
2. Within one hour of the practice time the designated person shall utilize the Heat Index Calculator located on the OSAA website at <http://www.osaa.org/heatindex/> to determine the heat index.
3. The designated person shall record the calculated heat index number from the OSAA Heat Index Calculator on the heat index record sheet provided with this memo or on the OSAA Heat Index Record spreadsheet at <http://osaa.org/healthandsafety/OSAAHeatIndexRecord.xls>. A separate heat index record shall be kept for all fall sports.
4. This form must be completed and a copy maintained at the school for inspection at the request of the OSAA.

Questions or comments should be directed to Brad Garrett at bradg@osaa.org or 503.682.6722 ext 229.



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OSAA Fall Sports Practice Model

During the fall sports season each year, all student-athletes are required to adhere to the following practice regimen.

A. Football –

1. Practice Requirements

- a) Schools may conduct multiple on-field practice sessions but student-athletes shall not engage in more than five hours of on-field practice activities each day.
 - b) Within one hour of the start of practice, schools must determine the heat index for their area.
 - c) When the heat index is 95 or above, each practice session will be a maximum of three hours in length and there must be at least three continuous hours of recovery time between the end of the first practice and the start of the next practice that day. During this recovery time, student-athletes may not engage in other physical activities (e.g., weight training, conditioning, 7-on-7). Total on-field practice time combined may not exceed five hours.
 - d) During the first three days of practice, helmets and shoulder pads shall be the only pieces of protective equipment student-athletes may wear.
 - e) Beginning on day four, student-athletes may participate in full pads.
2. An individual shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of nine days of actual on-field practice.
 3. All practices shall allow for water breaks and general acclimatization to hot and / or humid weather.
 4. To calculate the heat index use the OSAA Heat Index Calculator located at <http://www.osaa.org/heatindex/>.

B. Cross Country, Soccer, Volleyball –

1. Practice Requirements

- a) Schools may conduct multiple on-field / court practice sessions but student-athletes shall not engage in more than five hours of on-field / court practice activities each day.
 - b) Within one hour of the start of practice, schools must determine the heat index for their area.
 - c) When the heat index is 95 or above, each practice session will be a maximum of three hours in length and there must be at least three continuous hours of recovery time between the end of the first practice and the start of the next practice that day. During this recovery time, student-athletes may not engage in other physical activities (e.g., weight training, conditioning). Total practice time combined may not exceed five hours.
2. All practices shall allow for water breaks and general acclimatization to hot and / or humid weather.
 3. To calculate the heat index use the OSAA Heat Index Calculator located at <http://www.osaa.org/heatindex/>.

