



**GOLDEN EMPIRE
YOUTH TACKLE FOOTBALL**

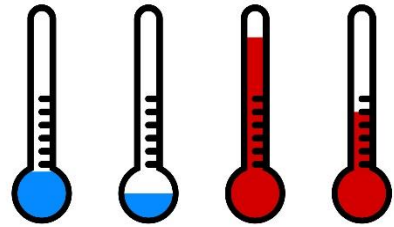
5650 District Blvd. Ste. 107 Bakersfield, CA 93313 - P.O. Box 20472 Bakersfield, CA 93390
Office phone 661 837-4393 Office Fax 661 837- 4393
A 501C3 NONPROFIT ORGANIZATION

6/1/2024

To: GEYF/GEYC Families, Participants, coaches, and staff

From: GEYF/GEYC Board of Directors

Subject: 2024 Activity/Heat Stage Policy



Please see below:

Stage (1) - Normal Practice Schedule without restrictions.

Stage (2) - Modified Practice Schedule. (See below)

A. All GEYF/GEYC Practices will start no earlier than **6:30pm** and will not exceed more than **2 hours** in length (unless otherwise stipulated or modified).

B. All GEYF/GEYC Practices will be conducted with limited physical activity. GEYF/GEYC Programs will be allowed to hold light walk - through practices focusing more on technique and less on physical activity with the ability to wear both helmet and shoulder pads and participate in limited contact outlined in the Golden Empire reduced contact policy.

C. There will be no “team and or individual conditioning “while the “Modified Practice schedule is in effect. Teams are to use the conditioning period to conduct stretching and provide a cool down period for all participants.

D. All GEYF/GEYC Participants will be given “Fluid Breaks” a minimum of every fifteen (15) Minutes. Participants will have unrestricted access to fluids throughout the course of practice and will be encouraged to hydrate as much as possible before, during, and after practice.

E. GEYF/GEYC Coaches will closely monitor all participants for signs of Heat Exhaustion and or any type of physical distress. Any participant displaying signs of Heat Exhaustion and or any type of Physical Distress will be removed immediately from all activity; and if

warranted, medical personnel will be contacted, and a said participant will be medically evaluated and or treated. The safety of all GEYF/GEYC participants, spectators, coaches, and volunteers is our priority.

A. All Stage 3 GEYF/GEYC Practices will start no earlier than **7:00pm** and will not exceed more than **(1) hour** in length with the following revised restrictions.

1. The first (30) thirty minutes of the “Revised” Stage 3 practice period will be a “stripped down” activity **without** the wearing of helmet and shoulder pads.
2. During the second and final (30) minutes of the “Revised Stage 3 practice period, participants are allowed to wear both helmet and shoulder pads if applicable.

B. During the revised Stage 3 practice period, all GEYF/GEYC Practices will be conducted with limited physical activity. GEYF/GEYC Programs will be allowed to hold light walk - through practices focusing **more on technique and less on physical activity**.

C. There will be no “team and or individual conditioning “while the revised **Stage (3) practice guidelines** are in effect.

D. All GEYF/GEYC Participants will be given “Fluid Breaks” a minimum of every fifteen (15) Minutes. Participants will have unrestricted access to fluids throughout the course of practice and will be encouraged to hydrate as much as possible before, during, and after practice.

E. GEYF/GEYC Coaches will closely monitor all participants for signs of Heat Exhaustion and or any type of physical distress. Any participant displaying signs of Heat Exhaustion and or any type of Physical Distress will be removed immediately from all activity; and if warranted, medical personnel will be contacted, and a said participant will be medically evaluated and or treated. Safety of all GEYF/GEYC participants, spectators, coaches, and volunteers is our priority.

Stage (4) – All GEYF/GEYC Practices or physical activity will be cancelled until further notice.

Note*

GEYF/GEYC Teams are both eligible and encouraged to hold indoor chalk talks, view films, or conduct any **non-physical** activity during **Stage (4)**. Please note, the same 2-hour time limit also applies to these indoor sessions.

GEYF/GEYC Teams may have the ability with **prior league approval** to conduct Saturday and Sunday morning practices when the heat exposure is reduced. Saturday and Sunday practices will be subject to all previously listed staging requirements. The same 2-hour time limit applies to Saturday and Sunday sessions unless otherwise stipulated.

Please note that all practice sessions are subject to the GEYF/GEYF Staging restrictions.

Golden Empire utilizes multiple resources including weather and environmental conditions to establish its daily Activity Stage. Said conditions and Stage determination are a result of projected factors.

Golden Empire Youth Football reserves the right to not only modify its practice schedule/policy at any time but may also cancel practice when warranted.

Sincerely,

GEYF
Board of Directors