

GUIDELINES FOR OUTDOOR EXTRACURRICULAR ACTIVITIES DURING EXTREME HOT AND HUMID WEATHER

1. Each school shall have and use a digital psychrometer, or a similar device for measuring environmental factors. The digital psychrometer is used to measure the Wet Bulb Temperature (WBT), which is derived by evaluating the combined dry air temperature, humidity, ground radiated heat and the wind speed at that particular location. Conditions are subject to change during the practice/activity; therefore, measurements should be taken at regular intervals throughout the practice/activity. Measurements should be taken at the practice/activity site.
 - a. All Activities: Monitor and follow all guidelines.
 - b. Football Only: Will be required to measure and document the Wet Bulb Temperature (WBT) prior to outdoor practice through the month of August, during spring practice in May, and other times when conditions warrant. This can be done by the school athletic administrator, athletic trainer or a football coach.
2. Practices and games should be held early in the morning and later in the evening to avoid times when environmental conditions are generally more severe.
3. An unlimited supply of cold water shall be available to participants during practices and games.
 - a. Coaches/Supervisors shall inform all students participating that cold water is always available or accessible and they will be given permission anytime he/she asks for water.
 - b. Hydration and fluid replacement is a daily process. Students should hydrate themselves before, during, and after practice. Meals should include an appropriate amount of fluid intake in addition to a healthy diet.
4. Give adequate rest periods. Remove appropriate equipment or clothing when possible. Exposed skin cools more efficiently.
 - a. Football players shall be allowed to remove helmets.
 - b. Shoulder pads should be removed if conditions warrant.
5. Gradually acclimatize participants to the heat.
 - a. Research indicates 80% acclimatization may be achieved in 7-10 days, but could take up to 14 days. In some cases, it may take several weeks to become fully acclimated.
 - b. The length and intensity of practice should be adjusted according to the WBT until acclimatization occurs.
6. Athletic participants should weigh in before practice and weigh out after to monitor water loss to identify those who are becoming dehydrated.
7. Participants should wear clothes that are light in weight and color.

8. Students who need careful monitoring include:
 - a. Overweight students
 - b. Weight control problems (fluctuation)
 - c. Those taking over-the-counter and prescription medication
 - d. Students who have done absolutely no exercise at all
9. Be familiar with all heat related symptoms and corresponding treatments.
10. Be familiar with any emergency and 911 procedures.
11. Be familiar with the Wet Bulb Temperature Chart and utilize guidelines determining length of practice and rest periods.
12. Any directives from the Central Office must be strictly followed.

WBGT	ACTIVITY GUIDELINES AND REST BREAK GUIDELINES
Under 82.0	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
82.0 - 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
87.0 - 89.9	Maximum practice time is 2 hours. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
90.0 - 92.0	Maximum practice time is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 92.0	No outdoor workouts. Delay practice until a cooler WBGT level is reached.
