

## Inclement/Hot Weather Guidelines

Precautions must be taken to prevent heat-related problems. The following should be considered when scheduling practice: time of day, intensity level of practice, equipment worn, and environmental conditions. High temperature and high humidity create a dangerous situation for athletes. However, a high humidity and low temperature can cause serious heat-related problems.

Water should be made available in unlimited amounts throughout practice. Water/fluid replacement breaks are recommended each 20 or 30 minutes, depending on practice conditions. Each LEA must have a written policy pertaining to practice on days of early dismissal due to extreme weather conditions. Schools must also have a policy in place regarding lightning. In addition to these guidelines, schools must have a plan/procedure for all emergency situations.

Refer to Table I if using temperature/humidity as a guideline. Refer to Table II if using wet-bulb temperature (using digital or sling psychrometer) as a guideline. These guidelines have been developed for use by the Sports Medicine Commission of the State Department of Public Instruction.

<b>Table I</b>		<b>Temperature/Humidity</b>
<b>Temp. (°F)</b>	<b>Humidity</b>	<b>Procedure</b>
80°-90°	Under 70%	Observe those athletes susceptible to heat illness, especially those obese.
80°-90°	Over 70%	All athletes should be under constant and careful supervision. Breaks every 20 or 30 minutes. Fluid replacement very important.
90° and above	Over 70%	A shortened program conducted in shorts and T-shirts. Additional fluid replacement breaks are necessary. May need to suspend practice.
<b>Table II</b>		<b>Wet-Bulb Temperature</b>
<b>Wet-bulb</b>		<b>Procedure</b>
Under 68°		No precautions necessary except close observation of those athletes most susceptible to heat illness (those who lose over 3% of their body weight as determined from weight chart)
69°-79°		Unlimited amounts of water be made available on the field. Ice water preferable.
Over 80°		Lighten the practice routine or practice in shorts. May need to withhold susceptible players from practice.