



Central Suburban League

Guidelines for participation during periods of extreme heat

Applicable during weeks 6 through 49 on IHSA calendar

Below you will find the recommended guidelines and procedures for suspending, canceling or conducting practices and competitions as it relates to extreme heat conditions.

Following the recommended guidelines can reduce the risk and incidents associated with extreme heat conditions.

Competitions

Decision to cancel Central Suburban League competitions will be made by mutual consent between designated athletic administration in cooperation with the respective districts.

Practices

Decision to cancel and/or suspend athletic practices will be determined on-site by an athletic administrator and/or in the absence of administration, a certified athletic trainer.

The Wet Bulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas.

WBGT <80	<ul style="list-style-type: none">• Allow fluids as needed. No modification in activity.
WBGT 80-84	<ul style="list-style-type: none">• Frequent hydration of athletes and scheduled 5 minute break every 25-30 minutes of activity.
WBGT 85-88	<ul style="list-style-type: none">• Frequent hydration. 5 minute break every 15-20 minutes of activity.
WBGT 88-90	<ul style="list-style-type: none">• Continued hydration. 5 minute break every 10-15 minutes of activity. Modify practice as necessary (time, equipment, drills). Consider no protective equipment, no off-campus practices, and changing of practice time.
WBGT 90+	<ul style="list-style-type: none">• Change practice time or move to indoor facility.• Decision to suspend or delay competitions will be made based on mutual consent by designated athletic administration in cooperation with the respective districts.