



HOT WEATHER GUIDELINES FOR ATHLETICS

1. Coaches will be familiar with early warning signs of heat-related illnesses.
2. Hot weather guidelines will apply when the heat index (a combination of air temperature and relative humidity) reaches a minimum of 95°.
3. The Executive Director – Student Activities and Support Services with consultation and input of the building principals and Assistant Superintendent - Operations will determine a “heat practice day.”
4. Restricted or suspended activities will be dependent upon the predicted heat index.
5. All athletes should practice heat acclimation and water replacement regimen during hot weather conditions.
6. Cold water will be accessible on demand.
7. **Special attention will need to be directed to the heat on the artificial turf surfaces.**

HOT WEATHER PRACTICE RULES

1. Five-minute water breaks are mandatory every 20 minutes.
2. Water breaks will be provided at any time on student demand.
3. Cool clothing and equipment is required (i.e. football - shorts, shoulder pads and helmet).
4. Under no circumstances should an athlete with heat-related symptoms be allowed to return to play the same day.