

NHCS HEAT ADVISORY RULES FOR ALL ATHLETICS

The following rules are in effect **AT ALL TIMES during the year**, during ANY sports participation including practices and scrimmages.

- **New and unconditioned** athletes should reduce intensity and remove equipment when **WBGT index reaches ≥ 85** .
- **Pads, HELMETS & ALL other protective equipment** must be removed **ANYTIME** the **WBGT index reaches ≥ 88** during any form of participation (practice, scrimmages)
- **All outdoor participation** must cease & move indoors **ANYTIME** the **WBGT index reaches ≥ 90** . **Outdoor practices or workouts can not resume** until the WBGT goes below 90.
- **Water breaks ~5 minutes every 15/20/25/30 minutes**, depending on the WBGT reading, long enough for each athlete to drink 8-10 oz. and cool down (longer intervals between breaks = longer break time).
- **When a player** looks/is dehydrated, sick, tired, dizzy, lightheaded, overheated, nauseous/vomiting, abnormal breathing patterns etc. **Remove immediately** & notify designated available staff and follow your respective school's immediate treatment plan/EAP if determined needed. **NO EXCEPTIONS**
- **It is strongly encouraged** to start **ALL** morning practices/scrimmages by **7:00AM** and/or start all evening practices/scrimmages after **6:00PM** to avoid heat related illness & NCHSAA rules-related postponements during summer & fall.
- **During peak warmer months of the year, be prepared for all equipment/padding/coverings to be removed by early morning ~9:00AM & not allowed on until early evening ~6:00PM.**

The following rules are in effect on the **first official day of ANY sports participation** during warm weather seasons & continue for a **MINIMUM of 10 proceeding days AFTER.**

(This includes ALL types of summer activities/workouts in ALL sports)

- **ALL** equipment/padding/coverings including: helmets, shoulder pads, lower extremity pads, upper extremity pads, face coverings are to be removed by **10:00AM** & not allowed back on until **6:30PM**
- **ALL & ANY** Forms of outdoor **practice/scrimmages/games**, even without intense equipment, must be finished by **10:30AM** and not resume until **6:00PM**. This includes all Pre-Game Warm-ups*
- **All outdoor activity** is restricted to **two hours** ANYTIME **WBGT index reaches ≥ 88** during the session