

Practice Policy and Heat and Humidity

Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
3. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures **Wet Bulb Globe Temperature (WBGT)** reading must be utilized at each practice to ensure that the written policy is being followed properly.

| WBGT Reading | Heat Index | Practice Hours | Breaks | Fluids |
|---------------------|-------------------|---|---|-----------------------------|
| GREEN | Under 82.0 | Resume normal activities | Normal activities-Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout | Water or electrolyte drinks |
| Yellow | 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 of a minimum of four minutes duration each | Water or electrolyte drinks |
| Orange | 87.0 – 89.9 | Maximum practice time is two hours | For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each | Water or electrolyte drinks |
| Red | 90.0 – 92.0 | Maximum length of practice is one hour | No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice | Water or electrolyte drinks |
| Black | Over 92.1 | No outdoor workouts | Cancel exercise; delay practices until a cooler WBGT reading occurs | Water or electrolyte drinks |