

WEATHER AND HEAT

TEMPERATURE GUIDELINES

NOAA's National Weather Service

**Heat Index
Temperature (°F)**

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

Code Green - Heat Index Under 85°	Normal practice guidelines and restrictions. Provide ample water. Water is always available and athletes should have unrestricted access. Ice-down tub and towels are available. Athletes should be monitored carefully.
Code Gold - Heat Index 85° to 94°	Provide ample water. Water is always available and athletes should have unrestricted access. Optional water breaks every 30 minutes for 10-minute time frames. Ice-down tub and towels are available. Athletes should be monitored carefully.
Code Orange - Heat Index from 95° to 104°	Exercise caution. Provide ample water. Water is always available and athletes should have unrestricted access. Mandatory water breaks every 30 minutes for 10-minute time frames. Ice-down tub and towels are available. Reduce time outside or move indoors to air conditioning if possible. Athletes should be monitored carefully. Limit time in which student-athletes are wearing full equipment.
Code Red - Heat Index from 105° and Above	Stop all outside activity including practice or play. Stop all indoor activity if air conditioning is not available and the heat index indoors is 105° or greater.

Schools shall monitor prevailing weather conditions, including the current heat index, and make appropriate practice and activity accommodations. The heat index is available in the Health and Safety section of the MCPS Athletics web page (click on the Heat Index tab). The heat index on the Athletics webpage applies to the 20877 zip code, the most central site in Montgomery County.

In hot, humid weather, coaches shall use good judgment in determining the length and nature of the practice. Frequent water breaks shall be provided, and players shall be carefully monitored. Restrictions shall be implemented per the code - green, gold, orange, or red.

The heat index changes as the day progresses. A heat index in the morning, for instance, may increase to a more dangerous level later in the day. Thus, restrictions that would apply to a morning practice or activity may be different than in the afternoon or evening. The relevant heat index that coaches shall use will be the one nearest to the start time of the practice or activity. The heat index shall be monitored as the day progresses every 30 minutes and appropriate modifications implemented.

In extremely cold weather, coaches shall use good judgment in determining the length and nature of the practice. The temperature as well as the wind chill factor should be considered. Athletic events may be rescheduled by mutual agreement of the athletics specialists of the opposing schools.

MCPS FALL HEAT PLAN

The Fall Heat Plan provides parameters for the first 14 days of fall practice. The Fall Heat Plan is available under the Health and Safety section of the MCPS Athletics website.

ARTIFICIAL SURFACE FIELD HEAT GUIDELINES

The following guidelines apply specifically to activities conducted on artificial surface fields. Artificial surface fields generate greater heat than natural surface fields on warm and hot days. Anytime the outdoor temperature exceeds 80 degrees, coaches should exercise caution in conducting activities on artificial surface fields. When temperatures exceed 90 degrees, coaches may hold one regular morning or evening practice (before 12 noon or after 5:00 pm). Between the hours of 12:00 noon and 5:00 p.m., when the heat index is between 91–104 degrees, teams shall restrict activities on artificial surface fields to one hour, with water breaks every 20 minutes.

THUNDER AND LIGHTNING

Unless a countywide decision is announced, the decision to postpone outdoor athletic events because of adverse field conditions or inclement weather is the responsibility of the host athletics specialist or designee.

1. Procedures for suspending outdoor athletic events because of lightning/thunder:
 - a. If thunder and/or lightning can be heard or seen, stop the activity and have student-athletes and spectators seek protective shelter immediately.
 - b. Inform student-athletes that in situations where thunder and/or lightning may or may not be present, if they feel their hair stand on end and skin tingle, immediately assume the following crouched position: drop to their knees, place their hands/arms on their legs, and lower their head. They should not lie flat.
2. In the event that either thunder or lightning should occur, allow 30 minutes to pass after the last

occurrence of thunder and/or lightning before resuming play.

3. In case of thunder or lightning during an athletic practice, scrimmage, or contest, the activity will be suspended immediately. Student-athletes and officials should seek shelter. Spectators will be directed to leave. All coaches are expected to have an alternate plan for seeking shelter and/or expedient departure in case of thunder or lightning or other severe inclement weather.
4. The principal has the final authority to delay or postpone events because of thunder or lightning. If the principal is not present, the host athletics specialist has the responsibility; if the athletics specialist or designee is not present, coaches have the responsibility.
5. If a game is suspended because of thunder or lightning, it shall be resumed the same day, if possible, at the discretion of the officials and the host athletics specialist.
6. When a contest has been suspended for more than one and one-half hours (cumulative time) due to inclement weather, the contest shall be ended. The game will be rescheduled at a later date or continued from the point of suspension, in accordance with the rules governing that sport.