Guilford County Schools

WARM WEATHER PROCEDURE

SUMMER WORKOUTS (June 13 – July 31, 2016)
AND
PRE-SEASON PRACTICES (August 1- August 22, 2016)

Between the hours of 12:00 PM and 6:00 PM organized outdoor summer workouts or pre-season athletic practices are NOT permitted. If temperatures reach extreme levels, schools should delay the start of and/or lessen the intensity of workouts or practices. (See chart below for specific guidelines.) If temperatures and humidity reach extreme levels during summer workouts or pre-season practice, the Guilford County Schools Director of Athletics will notify schools that they may not begin practices until a later time.

*This ruling does not apply to interscholastic scrimmages, games, or Jamborees (These events are typically scheduled in early evening and are managed by NCHSAA registered officials. Participants are provided ample opportunity for water and rest breaks during the activity.)

REGULAR SEASON PRACTICES (Beginning August 23, 2016)

Beginning August 23rd schools will generally schedule the start of practices at the conclusion of the teacher workday (somewhere in the 4:00-4:30 time frame) in preparation for the regular season practice schedule. This is permissible under the Warm Weather Procedure. **Practice times, however, are still subject to a later starting time based on determination of conditions by the Guilford County Schools Director of Athletics.**

*This ruling does not apply to interscholastic scrimmages, games, or Jamborees (These events are typically scheduled in early evening and are managed by NCHSAA registered officials. Participants are provided ample opportunity for water and rest breaks during the activity.)

All school principals, athletic directors, athletic trainers, first responders, and head coaches will be responsible for adhering to the guidelines for Heat Illness Prevention and Management in the *2016-17 NCHSAA Handbook* as well as the GCS Warm Weather practice procedure. All athletes should be under constant and careful attention by the athletic trainer/coaching staff with unlimited amounts of water available on the field or in the gym with breaks scheduled as appropriate for existing conditions. Absolutely no coach shall withhold water or rest breaks for any reason.

Note: High temperatures and high humidity create dangerous situations for athletes.

WBGT	Heat Index	Athletic Activity Guidelines
Less than 80	**Less than 80**	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest / water breaks (5 min water / rest break every 30 min)
80-84.9	**80-90**	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest / water breaks. (5 min water / rest break every 25 min)
85-87.9	**91-103**	New or unconditioned athletes should have reduced intensity practice and modifications in clothing. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 20 min) Have cold or ice immersion pool on site for practice.
88-89.9	**104-124**	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min) Have cold or ice immersion pool on site for practice.
90 or Above	**125 and Up**	**Suspend Practice**

Additional information about heat safety and hydration is located on the NCHSAA website and can be accessed using this link: http://www.nchsaa.org/health-and-safety/heat-and-humidity-guidelines