

SCUCISD TEMPERATURE GUIDELINES

Athletic Practices – Extra-Curricular Activities – Physical Education

The extreme heat and cold in our region is a concern to the health and safety of our students and staff members. Heat and cold injuries cannot always be prevented, but with the education of coaches, sponsors, and instructors, and controlled practice procedures, heat and cold related illnesses can be minimized. The following temperature guidelines have been established in order to provide a safe and healthy environment for students participating in outdoor activities in SCUCISD. The listed temperatures, heat indexes, and wind-chill factors are designated figures for terminating and/or modifying outdoor activities including: High School and Middle School athletic practices, extra-curricular activities for SCUCISD. All meteorological data will be taken from the district approved weather monitoring service.

Exposure duration and frequency of breaks should be modified as the temperatures approach the listed recommendations. It is the responsibility of each coach/sponsor/instructor to ensure these guidelines are being followed.

High School

| | Cold | Modifications | Heat | Modifications |
|------------------------|--|---|--------------------------|---|
| Extreme Warning | Wind chill < 32° w/rain Wind Chill 20° or below | NO Outdoor Practice Game Cancellations will be determined by the athletic coordinator | Heat Index 120° or above | NO <u>Outdoor Practice</u> Game Cancellations will be determined by the athletic coordinator |
| Caution | Wind chill < 35° w/rain Wind Chill 25° or below | Players must have appropriate clothing Outdoor Practice time <u>cannot exceed</u> (60) minutes. | Heat Index 110° or above | Modify Activity. T-shirts, shorts. Frequent water breaks. Practices should be in 30:5 ratios. (30 min active 5 min cool/hydrate) <i>*remove helmets if applicable*</i> |

Jr. High

| | Cold | Modifications | Heat | Modifications |
|------------------------|--|---|--------------------------|---|
| Extreme Warning | Wind chill < 35° w/rain Wind Chill 25° or below | NO Outdoor Practice Game Cancellations will be determined by the athletic coordinator | Heat Index 115° or above | NO Outdoor Practice Game Cancellations will be determined by the athletic coordinator |
| Caution | Wind chill < 38° w/rain Wind Chill 30° or below | Players must have appropriate clothing Outdoor Practice time <u>cannot exceed</u> (45) minutes. | Heat Index 105° or above | Modify Activity. T-shirts, shorts. Frequent water breaks. Practices should be in 30:5 ratios. (30 min active 5 min cool/hydrate) <i>*remove helmets if applicable*</i> |