

Department of Athletics

Heat Policies & Procedures

Purpose:

To ensure the safety of students, coaches, officials and spectators participating in athletics at the Academy of the Holy Cross. We are actively implementing the following policies and procedures in the event of a heat advisory and during the acclimatization process.

I. Chain of Command

- The Certified Athletic Trainer (ATC) and the Athletic Director (AD) have the authority to modify or cancel activities occurring on the AHC campus due to a heat advisory in the area
 - During Practices, when there is a heat advisory, it is the coaches responsibility to monitor the girls for heat symptoms
 - During Games, it is the responsibility of the ATC, in consultation with the Officials and AD to suspend or cancel activities due to a heat advisory

II. Weather Monitoring

- AHC will be utilizing the **Weather Bug** app and website as the official monitoring system of heat advisories

III. Real Feel

- Defined as the actual temperature combined with humidity (Heat Index or Wet-Bulb Globe Temperature (WBGT))

a. Below 95 Degrees

- Provide ample amount of water. Water must always be available and athletes may take as much as they desire
- Optional water breaks every 30 minutes for a 10 minute duration must also be coordinated with Officials during game days
- Ice-down towels for cooling
- Continuous monitoring of athletes for necessary actions

b. Between 95-99 Degrees

- Provide ample amount of water. Water must always be available and athletes may take as much as they desire
- Recommended water breaks (Ex. For every 30-40 minutes of play 5-10 minutes breaks) coordinated with Officials for game days
- Ice-down towels for cooling

- Continuous monitoring of athletes for necessary actions

c. Between 100-104 Degrees

- Provide ample amount of water. Water must always be available and athletes may take as much as they desire
- Mandatory water breaks every 30 minutes for 10 minute duration coordinated with Officials on game days
- Ice-down towels for cooling
- Continuous monitoring of athletes for necessary actions
- Alter uniforms by the removal of items if possible (Ex. Field Hockey goalie jersey and replaced with a practice pinnie)
- Allow for changes into dry t-shirts and shorts
- Reduce time of outside activities as well as indoor activities if the air conditioning is unavailable
- Consider postponing activities to later in the day or to another day (with approval of AD)

d. Above 105 Degrees

- Stop all outside activity and stop all inside activity if the air conditioning is unavailable

IV. Games

- When the Real Feel temperature is **92 degrees or above**, it is up to the home school's ATC and AD to determine what measures will be taken to ensure the safety of the athletes
- During championship tournament's the designated sport AD will make the decision for continuation or discontinuation. If the game is being played at a neutral site, then the policies to be followed may be determined through that event contract

V. Practices

- The ATC and coaches should take the predicted weather forecast into consideration in order to adjust practice times to accommodate for the heat index as needed