

## **MIAA Heat Modification Guidance May 2018**

During all practices, competitions, or voluntary conditioning sessions, each individual school, or district, must select and promote a method of monitoring the environment for heat-related concerns and comply with standard recommendations for practice modifications, for the safety of the student-athlete.

Methods of monitoring the environment include:

1. Wet Bulb Globe Temperature (WBGT) (preferred method, considered the gold standard)
2. Heat Index (HI)
3. Thermometer

Schools can follow the statewide guidance for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity. The guidance follows 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 activity being modified/alterred/cancelled

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) should be utilized at each practice, competition, or voluntary conditioning session. If not available, Heat Index (HI), as measured by the local weather service, should be used. HI does not account for wind speed or sun radiation. For indoor events without climate control, a WBGT reading should be taken indoors. For climate-controlled indoor events, this measurement is not applicable.

<b>WBGT READING</b>	<b>ACTIVITY GUIDELINES &amp; REST BREAK GUIDELINES</b>
Below 76°F	Normal activities. Provide at least 3 separate rest breaks each hour for a minimum duration of 3 minutes each during workout.
76.1-81.0°F	Use discretion for intense or prolonged exercise, and watch at-risk players carefully. Provide at least 3 separate rest breaks each hour for a minimum duration of 4 minutes each.
81.1-84.0°F	Maximum practice time is 2 hours. For football: Players should be restricted to a helmet, shoulder pads, and shorts during practice; all protective equipment should be removed for conditioning activities. For all sports: Provide at least 4 separate rest breaks each hour for a minimum of 4 minutes each.
84.1-86.0°F	Maximum length of practice is 1 hour. No protective equipment should be worn during practice, and there should be no conditioning activities. There should be 20 minutes of rest breaks provided during the hour of activity.
Above 86.1°F	No outdoor workouts. Cancel activity; delay practice until a cooler wet-bulb globe temperature/heat index reading occurs.

**Guidelines for hydration and rest breaks:**

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without activity involved
2. For sports that use helmets, helmets should be removed during rest time
3. The site of the rest time should be a “cooling zone” and not in direct sunlight

When WBGT/HI is **above 84**, ice water and towels should be available in the “cooling zone” to aid the cooling process. Cold-water immersion tubs should be available for the benefit of any player showing signs of heat illness.

**Definitions:**

1. **Practice:** the period of time that a participant engages in coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.
2. **Walk through:** this period of time shall last no more than one hour and is not considered to be a part of the practice time regulation, and should not involve conditioning or weight-room activities. Players should not wear protective equipment.