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## ***Athletics Extreme Heat Policy***

All programs, special events, athletic games, facilities, etc. can be canceled under the following conditions:

1. When heat and humidity are such that participants in vigorous activities for prolonged periods could become over heated and continued activity becomes dangerous.
2. When the heat index possesses a possible threat to the safety of participants and spectators.
3. When weather conditions present a threat to the safety of participants and spectators.

### **Heat Conditions**

The rising temperatures are a cause of concern for everyone in Middle Tennessee especially our athletes. Extreme caution should be taken when conducting outdoor activities during these times. The following are minimal guidelines which should be followed when making decisions regarding conducting outdoor activities:

**Heat Index:** (*Heat Index refers to the feels like temperature and not the actual temperature.*)

These minimal guidelines have been established Williamson County Schools and will be the same for Williamson County Parks and Recreation. Many of these guidelines are the recommendations of the National Athletic Trainers' Association.

### **Under 95 degrees heat**

- Provide ample amounts of water
- Optional water breaks every 30 minutes for 10 minutes in duration
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action

### **95 – 99 degrees heat**

- Provide ample amounts of water
- Mandatory water breaks every 30 minutes for 10 minutes in duration
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Contact sports and activities with additional equipment
- Helmets and other possible equipment removed if not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.

**100 degrees**

- Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes in duration
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action.
- Alter uniform by removing items if possible
- Allow for changes to dry T-shirts and shorts
- Reduce time of outside activity
- Postpone practice to later in the day
- Contact sports and activities with additional equipment
- Helmets and other possible equipment removed if not involved in contact or necessary for safety, suspend activity.

**ABOVE 104 degrees heat**

- All Outside Activities Cancelled