

MIAA Heat Modification Policy
Adopted – Jan. 16, 2019
Effective July 1, 2019

During all activities, 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 activity modifications, for the safety of the student-athlete.

Schools must follow the statewide policy for conducting activities in all sports during times of extremely high environmental conditions. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of activities 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/alterd/cancelled

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each activity to ensure that the written policy is being followed properly. For indoor events without climate control, a WBGT reading should be taken indoors. For climate-controlled indoor events, this measurement is unnecessary. WBGT can change during an event and throughout the day.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELNES
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 activity time is 2 hours. For equipment intensive sports: Players should be restricted to a helmet, shoulder pads, and shorts during activity; all protective equipment must 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 activity is 1 hour. No protective equipment may be worn during activity, and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of activity.
Above 86.1°F	No outdoor workouts. Cancel exercise, and delay activity until a cooler wet-bulb globe temperature reading occurs.
<i>*if equipment modifications are necessary, no games should occur.</i>	

Guidelines for hydration and rest breaks:

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any 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 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. Activity: the period of time that a participant engages in coach-supervised, school-approved sport or conditioning-related activity. Activities 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 may not involve conditioning or weight-room activities. Players may not wear protective equipment.