

MIAA Heat Modification Policy
August 18, 2021

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 practice and interscholastic competition activities at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels. Game conditions and actual competitions afford valuable work to rest ratios, ability to rest in the shade, ability to hydrate often and other aspects different than continuous 1 to 2 hour practices.
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	PRACTICE AND/OR COMPETITION ACTIVITY
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 activity time is 2 hours. For the equipment intensive sports of football and boy's lacrosse, players should be restricted to a helmet, shoulder pads, and shorts during the practice activity; all protective equipment must be removed for conditioning activities. For all sports practice activity: provide at least 4 separate rest breaks each hour for a minimum of 4 minutes each. Interscholastic competition can take place. Work to rest ratios during interscholastic competition should be used to allow for hydration, rest and seeking shade.
84.1-86.0°F	Maximum length of practice activity is 1 hour. No protective equipment may be worn during practice activity, and there may be no conditioning activities.

	There must be 20 minutes of rest breaks provided during the hour of practice activity. Interscholastic competition can take place. Work to rest ratios during interscholastic competition should be used to allow for hydration, rest and seeking shade.
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 for that sport.</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. Practice activity: the period of time that a participant engages in coach-supervised, school-approved sport or conditioning-related practice activity. Practice activities are timed from the time the players report to the field until they leave.
2. Conditioning activities: warmup, stretching, cardio, moderate to intense aerobic activities, etc.
3. 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.
4. Interscholastic competition: actual game play between teams and players. Given the opportunity for pauses in play, breaks when changing possessions and valuable work to rest ratios, interscholastic competition can take place up to and including WBGT readings of 86.0°F.