Environmental Monitoring

• Monitoring Service: DTN Weather Sentry

• Alerts contain the vital information about changing weather conditions including lightening, high temp/humidity, low temp, high winds. All Coaches and ATC’s have access/alerts on cell phones.

• Athletic Trainers in conjunction with Health Services will have the final call with any weather related modifications to activity

• Lightning 13 Miles and Above: Normal activity, ATC will monitor weather.

• Lightning Within 12-9 Miles: Normal activity, however ATC will inform coaches and officials that impending weather may stop activity and consideration should be made to allow time for athletes to get to a safe structure.

• Lightning 8 Miles or Less: Stop all activity and find the nearest safe structure. Activity will resume once ATC gets the all clear from DTN.
Policy For Hot Weather Participation

Wet Bulb Globe Temperature is monitored by Weather Sentry and/or Kestral WGBT unit as available.

WBGT Under 79° Fahrenheit and Below
Normal activities - Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each.

WBGT 80° - 84° Fahrenheit:
Use discretion for intense or prolonged exercise & watch at-risk players carefully. Provide at least 3 separate rest breaks each hour - a min. duration of 4 minutes each.

WBGT 85° - 87° Fahrenheit:
Maximum practice time is 2 hours. For Football: Players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For all sports: All protective equipment must be removed for conditioning activities. Provide at least 4 separate rest breaks each hour of with a minimum duration of 4 minutes each.

WBGT 88° - 89° Fahrenheit:
Maximum length of practice time is 1 hour. No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.

WBGT 90° Fahrenheit and Over:
No outdoor workouts, cancel exercise, delay practices until a cooler WBGT reading occurs.
Policy For Cold Weather Participation

30° - 26° Fahrenheit or wind chill (“feels like”):
- Be aware of the potential for cold injury and notify appropriate personnel of the potential.

25° - 16° Fahrenheit or wind chill (“feels like”):
- Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming.

15° - 11° Fahrenheit or wind chill (“feels like”):
- Consider modifying activity to limit exposure or to allow more frequent chances to rewarm.

10° - 1° Fahrenheit or wind chill (“feels like”):
- Practice is limited to 1 hour outside or two 45 minute sessions with 15 minutes of rewarming in between.

0° Fahrenheit or wind chill (“feels like”) and below:
- Terminate or reschedule activity