

HEAT ADVISORY

Procedures

Heat Advisories are issued during the course of the sports season as designated by the NCHSAA. A heat advisory directs that all outside sports activities and any similar activities (i.e., band) which the principal feels may fall in this area of concern for student safety either finish by 10:45 AM or be initiated no earlier than 6:00 PM on the dates designated as falling under the heat advisory directive. Special attention is directed to the humidity readings in the morning practices; identified morning activities could be adjusted to start and finish a little earlier than the guidelines reflected below. These guidelines as well as those of the NCHSAA will apply to any athletic practices/scrimmages during the course of the sports season. Regardless of the time of practice, athletic personnel are to follow the safety precautions/guidelines/procedures (frequent water breaks, shortening practice times, constant observation, shorts/tees, suspension of practice, etc.) as cited in the NCHSAA guidelines for all practices falling under the heat advisory directive.

Heat advisories will be issued by the Central Office when the forecast temperature is 90° or higher or the Heat Index is projected to be at a dangerous level. These advisories will typically be issued no later than 9:00 a.m. on applicable days. The principal may elect to further delay afternoon or reconfigure morning practice times. Safety of our students is always the guiding factor in such decisions.

When a Heat a “Heat Advisory” is in effect:

Afternoon Athletic Practices may begin at 6:00 PM with the following considerations:

- The first 30 minutes of practice are devoted to light warm-up activities or specialized instruction.
- At 6:30 p.m. a mandatory 10 minute break is required to evaluate wellness and to provide water for all students/athletes.
- After this 10 minute break, practice may resume with a constant awareness of the current heat advisory.
- Football players should be attired in helmets and shorts/pants as applicable. No shoulder pads.*
- Other sports/activities must remain in an area where they can be monitored by the coach/supervisor.
- All coaches and TAT’s/First Responders must keep current as to the NCHSAA guidelines regarding practice procedures/expectations during days when heat levels may put children at risk; NCHSAA Guidelines are considered minimal steps to be taken by our personnel.

Morning athletic practices should terminate no later than 10:45 AM with the following considerations:

- Football players should be attired in helmets and shorts/pants as applicable. No shoulder pads.*
- Other sports/activities must remain in an area where they can be monitored by the coach/supervisor.
- All coaches and TAT’s/First Responders must keep current as to the NCHSAA guidelines regarding practice procedures/expectations during days when heat levels may put children at risk; NCHSAA Guidelines are considered minimal steps to be taken by our personnel.

Coaches/first responders/supervisors are to establish a system that maintains a constant awareness of students’ physical conditions. Appropriate breaks must be provided.

When the temperature reaches the same level of intensity as cited for outdoor activity within the building (practice areas within facility), sports activities and other school-related activities occurring inside the school building (non-air-conditioned areas) must follow the guidelines stated above/NCHSAA “hot weather” guidelines regarding practice procedures such as scheduling, frequent water breaks, constant observation of athletes, use of fans as available (in gym), length of practice, etc.

*Football players may not wear full equipment until after the three day conditioning period has been completed according to NCHSAA guidelines unless heat factors prohibit such attire.