

HEAT ALERT POLICY

1. *Modified Heat Alert* When the heat index reaches 88 (equivalent to T.H.I. of 73), practice sessions or contests must include:
 - a. **Forced, frequent** water breaks (every 10 - 15 minutes).
 - b. Loose clothing, light colored shorts and tee shirts (mesh recommended) for practice sessions.
 - c. Frequent rest breaks in shaded areas.
 - d. **For Football and lacrosse**, mandatory water breaks every 15 minutes during which all players must remove helmets. Those players not participating in contact activities during practice games, or scrimmages shall not wear helmets.

NOTE: During all contests, the rules are to be modified to permit additional time outs for rest and forced water breaks.

2. *Full Heat Alert* When the heat index reaches 95 (equivalent to T.H.I. of 78), NO physical activity is permitted. Team meetings are permitted.
3. *Notification of Schools*
The Section XI Safety Chairperson, upon the advice of Metro Weather Service, will initiate the heat alert by notifying the Section XI Office as to the course of action. The Section XI staff will communicate this information to each member school district.