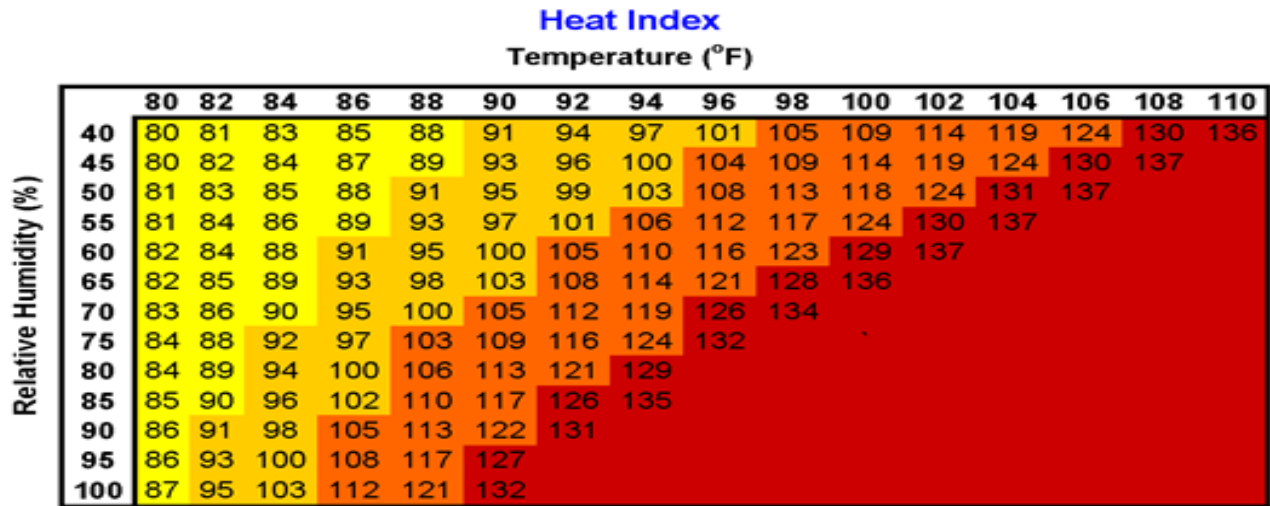




**MCPS WEATHER GUIDELINES**  
**NOAA's National Weather Service**



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution     
  Extreme Caution     
  Danger     
  Extreme Danger

| Heat Index | Restrictions   |
|------------|--|
| 0 – 90° F  | Normal practice guidelines and restrictions  |
| 91–104° F  | Exercise caution; observe players carefully; frequent water breaks; limit time in which players are wearing full equipment |
| 105° F +   | No outside activities; activities limited to air-conditioned school facilities   |

Schools shall monitor prevailing weather conditions, including the current heat index, and make appropriate practice and activity accommodations. The heat index is available in the Health and Safety section of the MCPS Athletics web page (click on the Heat Index tab). The heat index on the Athletics webpage applies to the 20877 zip code, the most central site in Montgomery County.

In hot, humid weather, coaches shall use good judgment in determining the length and nature of the practice. Frequent water breaks shall be provided, and players shall be carefully monitored.

The heat index changes as the day progresses. A heat index in the morning, for instance, may increase to a more dangerous level later in the day.

Thus, restrictions that would apply to a morning practice or activity may be different than in the afternoon or evening. The relevant heat index that coaches shall use will be the one nearest to the start time of the practice or activity. The heat index shall be monitored as the day progresses and appropriate modifications implemented.

In extremely cold weather, coaches shall use good judgment in determining the length and nature of the practice. The temperature as well as the wind chill factor should be considered.

Athletic events may be rescheduled by mutual agreement of the athletic directors of the opposing schools.