



## MID SUBURBAN LEAGUE WEATHER GUIDELINES

Below you will find recommended guidelines and procedures for suspending, canceling, or conducting practices and competitions as it relates to extreme weather conditions. Following the recommended guidelines can reduce the risk and incidents associated with extreme weather conditions.

### COMPETITION

Decisions to cancel Mid Suburban League **competitions** will be made by mutual agreement between the following designated administrators: District 220 Athletic Director, District 211 Director of Athletics, and designated District 214 Administrator.

### PRACTICES

Decisions to cancel and/or suspend athletic practices will be determined on-site by an athletic administrator and/or certified athletic trainer. All MSL schools must adhere to the following guidelines for practices.

#### Heat Index 90 - 95 degrees

- Implement mandated water breaks
- Monitor and **decrease level of intensity** for drills/practice
- Emphasize instruction over conditioning

#### Heat Index 96 - 100 degrees

- Athletic Directors and designated district administrators (per above) will actively monitor temperatures until the heat index is below 95 degrees
- Practices will be limited to 90 minutes
- Implement mandated water breaks
- Monitor and **decrease level of intensity** for drills/practices
- Emphasize instruction over conditioning
- If the heat index reaches or exceeds 95 degrees at any time throughout a practice, the practice must cease 90 minutes from the original practice start time
- Walk-throughs are considered a part of the 90 minutes and may not be additional practice time
- Once a team leaves the field due to heat index, they may not return until the heat index is below 95 degrees
- A certified athletic trainer should be present (on-site) at practices

#### Heat Index exceeding 100 degrees

- All practices will be suspended
- Teams may resume practices once the heat index reading is below 100 degrees
- If practices have not yet begun, teams may practice once the heat index reading is below 100 degrees
- Decisions to suspend **competition(s)** will be made based on mutual consent by designated athletic administrators in cooperation with the respective district offices

#### MSL Football Acclimatization Guidelines

- Summer and fall practice sessions must adhere to current *IHSA bylaws* pertaining to weather and acclimatization.

#### Lightning and Thunder

- Thor-guard systems should be used to determine proximity and activity of lightning. If the Thor-guard sounds, teams should move indoors immediately
- Teams may return outdoors once the Thor-guard system signals an "all-clear", which is 3 consecutive horns
- If Thor-guard is not available, or does not function properly, teams should move indoors once lightning is visible, or thunder is heard. Teams should remain indoors until no lightning/thunder is present for a minimum of 30 minutes

#### Extreme Cold

- All athletes should be properly clothed for outdoor practices
- Outdoor practices are not permitted when the wind chill is below 0 degrees
- Decisions to suspend **competition(s)** will be made based on mutual consent by designated athletic administrators in cooperation with the respective district offices