

**When there is an air quality or heat alert, guidelines such as the following are proposed by the Office of the Assistant Superintendent.**

## **HEAT GUIDELINES FOR STUDENT ATHLETES**

THE Pomona Unified School District heat guidelines are designed to protect students from having heat related illness or problems. This is a guide for coaches and administrators to use and refer to when modifying and/or suspending athletic practices, games or matches.

**A “Potential Heat Episode” is defined as any temperature that is 85 degrees Fahrenheit or greater.**

At 12:00 (noon) each day preceding a “**potential heat episode**” the Athletic Director or Designee shall check the “home page” of the Pomona Unified School District Web site ([www.pusd.org](http://www.pusd.org)). Accuweather.com will be posted on the web site home page with the current temperature and “1-5 day quick outlook”.  
The Athletic Director or Designee will use the 1-5 day quick outlook **TO DETERMINE THE PREDICTED TEMPERATURE FOR THE FOLLOWING DAY**. This process will continue each day that a “**potential heat episode**” could occur.

Based on the “Predicted Temperature” determined from the “pusd web site”, Principals and/or Athletic Directors will make a decision using the guidelines below on what modifications, if any, shall be implemented for practices, games and matches (indoors and outdoors). The Coaches will implement modifications and notify the student athletes.

### **THE OVERRIDING PHILOSOPHY BEHIND THE PUSD GUIDELINES IS “COMMON SENSE” AND THE WELFARE AND SAFETY OF OUR ATHLETES**

#### **GUIDELINES FOR PRACTICE, GAME OR MATCH MODIFICATIONS**

**NOTE: All temperatures are shown in Fahrenheit**

**When the temperature is predicted to be between 85 and 89 degrees, the following precautions shall be taken:**

1. Must allow unrestricted access to water.
2. Monitor all students for signs of heat-related illness and identify student athletes with identified asthmatic conditions.
  - a. Coaches/Trainers will review symptoms of heat-related illnesses, before the start of the fall sports season.
3. During periods of moderate to high humidity (40% to 60%), avoid prolonged vigorous activity.

- a. A five minute break shall be given after each 20 minutes of practice.
- b. Coaches will monitor student athletes for signs of heat-related illnesses.

**When the temperature is predicted to be between 90 and 99 degrees, the following precautions shall be taken:**

1. Must allow unrestricted access to water.
2. A five minute break shall be given after each 20 minutes of practice.
3. Coaches/trainers shall identify student athletes with asthmatic conditions, and watch for signs of heat-related illnesses.
  - a. Coaches/trainers will identify students from Physical Examination and Health History.
  - b. Coaches/trainers will review symptoms of asthma, heat-related illnesses, before the start of each season.

**When the temperature is predicted to be 100 degrees or above, the following precautions shall be taken:**

1. Allow unrestricted access to water.
2. Practices should be delayed until later in the day or evening or early morning when possible.
3. Coaches are strongly encouraged to use “walk-through sessions”, chalk talks, film sessions, etc. during the peak of the heat episode. All vigorous indoor and outdoor activities shall be for every 15 minute period, there shall be a five minute rest period.
4. Closely monitor student athletes for heat-related illnesses and asthmatic conditions.
5. A decision on whether to delay or postpone any home athletic contest should be made as soon as the predicted temperature is known (predicted temperature should be posted by 12:00 noon the preceding day).
6. The start of any football, volleyball, tennis, baseball, softball, track and cross country (if possible) game or match shall be delayed until at least 4:00 p.m.
7. The school shall make every attempt to play CIF Playoffs and away athletic contests if the “home school” has made the decision to play the contest.

**PROCEDURES**

1. The Athletic Director shall **determine the predicted temperature for the next day at 12:00 (noon)** each preceding day during any heat episode.

2. The Athletic Director shall notify the coaches of any modifications to practices or athletic contests if necessary.
3. The Head Coaches shall change their practice times for their teams because of the hot weather. However, they must notify the AD of this change.
4. the Athletic Director shall notify the site principal and the office manager of any practice or athletic contest delays or postponements.
5. Every attempt to play an athletic contest rather than cancel it should be attempted. Alternatives could include:
  - a. Delaying the start of the athletic contest to a later time
  - b. Reschedule the athletic contest to another date

## SECTION 2