

Office of the Chief Operating Officer  
Interscholastic Athletics  
MONTGOMERY COUNTY PUBLIC SCHOOLS  
Rockville, Maryland

July 21, 2009

MEMORANDUM

To: Athletic Directors, Coaches of Fall Sports

From: William G. Beattie, Director, Systemwide Athletics, 301-279-3144

Subject: Heat Restrictions

Below are guidelines regarding athletic teams conducting practices on hot, humid days, when the Metropolitan Washington Council of Governments (<http://www.mwcog.org>) has declared a code orange, code red, or code purple air quality index. These guidelines supplement other heat and weather-related guidelines contained in the "Weather" section of the current *MCPS High School Athletic Handbook*.

- On code purple or red days, teams may not practice in full gear.
- On code purple or red days prior to the time that teachers report, teams may not meet, practice, or scrimmage in the afternoon or the evening.
- On code purple or red days prior to the time that teachers report, practices are restricted to one 2-hour time period in the morning and practices must end by 11:00 a.m.
- On code purple days after the time that teachers report, practices and contests are cancelled.
- On code red days after the time that teachers report, practice is limited to one-hour with water breaks at least every 20 minutes. No scrimmages or contests may be conducted.
- On code orange days, water should be provided to players at least every 20 minutes, and more frequently as needed or as requested by players.
- If a particular code is updated or adjusted by the Metropolitan Washington Council of Governments by noon of a particular day, the updated or adjusted code will prevail and the status of practices and contests will be adjusted accordingly.
- Coaches should be reminded to be especially careful about practicing in dirt areas or high-dust areas on days of intense heat.

In summary, all MCPS schools will exercise the utmost caution on days of extreme heat. In essence, we will err on the side of caution.

WGB:rtm

Copy to:  
Mr. Bowers  
High School Principals  
Ms. von Nordheim