

WEATHER

WEATHER GUIDELINES

<i>Temperature</i>	<i>Air Quality Index</i>	<i>Activity</i>
Mid 70s – Low 80s° F	Code Green 0-50 Good Air Quality	No restrictions.
Upper 70s – Mid 80s° F	Code Yellow 51-100 Moderate Air Quality	Watch carefully, appropriate water breaks.
Upper 80s – Low 90s° F	Code Orange 101-150 Unhealthy for sensitive groups Air Quality	Observe carefully (especially at risk individuals) frequent water breaks.
Mid 90s – 100° F	Code Red 151-200 Unhealthy Air Quality	Hold one morning non-school day practice, or one school day practice of one hour, with mandatory water breaks every 20 minutes. Games cancelled.
Mid 90s – 100+° F	Code Purple 201-300 Very Unhealthy Air Quality	Afternoon practices cancelled. Games cancelled.

Source: Montgomery County Government, Department of Environmental Protection

It is the coach's responsibility to call for air quality color codes and respond appropriately. The forecast and color code can be obtained by calling 202-962-3299 and/or visit their website at <http://www.mwcog.org/environment/air/data>.

Air quality (ground level ozone or smog) deteriorates when temperatures are in excess of 90°, with low or no winds and clear skies. When such conditions are anticipated, a Code Orange, Red or Purple forecast is issued. Under such conditions at-risk individuals, who are heavily exercising, should be closely watched and if experiencing any breathing difficulties, immediately required to cease exercising and move indoors. At-risk individuals include those who responded "yes" on the Medical Evaluation Form to being asthmatic or having heart and lung function problems (Part I), and individuals who responded "yes" to having experienced chest pains, shortness of breath, weakness when exposed to high temperatures, or impaired lung function (Part 3).

In hot, humid weather, coaches are expected to use good judgment in determining the length and type of outdoor practice. Frequent practice breaks and drinking water must be provided. Coaches must be aware of signs of heat exhaustion. Players who exhibit these signs are to cease practicing. Salt tablets are not to be issued. Players should be counseled to continue proper hydration at home and after practices.

When schools are dismissed early because of heat, no practices, meetings, or contests are allowed.

In extremely cold weather coaches are expected to use good judgment in determining the length and type of practice. Athletic events may be rescheduled by mutual agreement of the athletic directors of the opposing schools if the wind-chill factor could be detrimental to the health and safety of the athletes.

THUNDER AND LIGHTNING

Procedures for suspending outdoor athletic events because of lightning/thunder.

- a. If thunder and/or lightning can be heard or seen, stop the activity and have players and spectators seek protective shelter immediately.
- b. Inform players that in situations where thunder and/or lightning may or may not be present, if they feel their hair stand on end and skin tingle, immediately assume the following crouched position: drop to their knees, place their hands/arms on their legs, and lower their head. They should not lie flat.
- c. In the event that either thunder or lightning should occur, allow 30 minutes to pass after the last occurrence of thunder and/or lightning before resuming play.
 - (1) In case of thunder or lightning during an athletic practice, scrimmage, or contest, the activity will be suspended immediately. Players and officials should seek shelter. Spectators will be directed to leave. All coaches are expected to have an alternate plan for seeking shelter and/or expedient departure in case of thunder or lightning or other severe inclement weather.
 - (2) The principal has the final authority to delay or postpone events because of thunder or lightning. If the principal is not present, the host athletic director has the responsibility; if the athletic director or designee is not present, coaches have the responsibility.
 - (3) If a game is suspended because of thunder or lightning, it shall be resumed the same day, if possible, at the discretion of the officials and host athletic director.
 - (4) When a contest has been suspended for more than 1 1/2 hours (cumulative time) due to inclement weather, the contest shall be ended. The game will be rescheduled at a later date or continued from the point of suspension, in accordance with the rules governing that sport.

Unless a county-wide decision is announced, the decision to postpone outdoor athletic events because of adverse field conditions or inclement weather is the responsibility of the host athletic director or designee.

FIELD CONDITIONS

Elementary and middle school facilities shall not be used for practices or games when the following conditions exist:

- a. Water is standing on the field.
- b. One-half inch or more of rain has fallen within the previous 24 hours.
- c. Turf and mud can be displaced or dislodged from the ground.
- d. The ground cakes or clings to shoes.
- e. A steady rain is falling.
- f. Bare areas are muddy.