Inclement Weather Policies & Protocol:

In order to ensure the health and safety of student-athletes, coaches, staff, and spectators, the University of Massachusetts Boston Sports Medicine Department adopts as its policies the guidelines for Cold Stress and Exposure, Heat Stress and Exposure, and Lightning Policies as outlined in the NCAA Sports Medicine Handbook (guideline 2B, revised June 2009). The following policies will be used to determine whether it is safe for student-athletes to compete outside in various degrees of weather. This policy will be enforced during competitions hosted by University of Massachusetts Boston Athletics. These guidelines will be used in conjunction with conference regulations regarding weather policies. The senior on-site Certified Athletic Trainer is responsible for monitoring the temperature, weather, and playing conditions for all varsity athletic teams and has final authority for all decisions and determinations regarding practice postponement, cancellation, or curtailment. All NCAA guidelines are to be used in determining the final decision maker during athletic competitions.

The following policies are divided into guidelines for “Active” sports and “Limited Activity” sports:

**Active Sports:** Lacrosse, Soccer, Cross Country

**Limited Activity Sports:** Baseball, Softball, Track & Field, Tennis

**COLD WEATHER POLICY**

The concern for student-athletes that participate in Limited Activity sports is the student-athlete will be exposed to wind and cold temperatures during long periods of inactivity. During these times, student athletes may have difficulty maintaining proper body temperature due to exposure and lack of metabolic activity, thus, additional considerations are to be made to protect those student-athletes.

All temperatures indicated below represent the *Wind Chill Temperature*. The effects of the wind are to be considered. Ideally, the on-field conditions are to be used to determine participation status. Furthermore, whenever possible, indoor warming facilities are to be made available to participants and spectators. When indoor warming facilities are not available, postponement is required at the previous step. The Sports Medicine staff will refer to *The Weather Channel.com* website when determining wind chill (“real feel”) temperature.

**Active Sports:**

>-32 degrees F - No restrictions on activities are required. Advisement is to be given to coaches to the temperature. Maintain regular hydration breaks

21-32 degrees F - Required skin coverage for all athletes (gloves, hats, long sleeves, pants). Monitor for cold weather injuries and have facilities available for rewarming if needed.
12-20 degrees F - Modify activity to limit exposure. Required skin coverage as described above. Mandatory indoor rewarming must be made available. For timed events, allow indoor rewarming for no less than 15 minutes following on field warmups and during halftime. For non-timed events, allow indoor rewarming for no less than 15 minutes during the first stoppage of play after 45 minutes of activity. **If no indoor rewarming facilities are available, activities are to be postponed at <20 degrees F.**

<15 degrees F – Terminate or reschedule all activity.

Limited Activity Sports:

>40 degrees F – No restrictions on activities are required. Advisement is to be given to coaches to the temperature. Maintain regular hydration breaks.

32-40 degrees F – Recommend skin coverage for all athletes including gloves, hats, long sleeves, and leggings/pants. Monitor for cold weather injuries and have indoor facilities available for rewarming if needed.

25-32 degrees F – Required skin coverage as described above. Mandatory indoor rewarming must be made available. For timed events, allow indoor rewarming for no less than 15 minutes following on field warmups and during halftime. For non-timed events, allow indoor rewarming for no less than 15 minutes during the first stoppage of play after 45 minutes of activity. **If no indoor rewarming facilities are available, activities are to be postponed at <32 degrees F.**

<25 degrees F – Terminate or reschedule all activity.

---

**Wind Chill Chart**

Wind Chill ($^\circ$F) = $35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$

Where, $T =$ Air Temperature ($^\circ$F)  $V =$ Wind Speed (mph)

*Effective 11/01/01*
WARM WEATHER POLICY

All temperatures listed below will follow the heat index ("real feel") temperature.

< 79 degrees F- No restrictions on activities are required. Maintain regular hydration breaks.

80-85 degrees F- Provide ample water and multiple water breaks during practice. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session. For competition, required water breaks will be every 20 minutes.

86-90 degrees F- Provide ample water and multiple water breaks during practice. Monitor athletes for heat illness. No practices during peak heat hours (noon-4pm). Reduce amount of practice time and 1 hour of recovery time for every hour of practice is required. For competition, required water breaks will be every 10 minutes and a minimum of 10 minutes of recovery time is needed at halftime.

91-95 degrees F- Provide ample water and multiple water breaks during practice. Monitor athletes for heat illness. No practices during peak heat hours (noon-4pm). Reduce amount of practice time and 1 hour of recovery time for every hour of practice is required. Lightweight and loose-fitting clothes should be worn. For competition, required water breaks will be every 10 minutes and a minimum of 15 minutes of recovery time is needed at halftime.

>95 degrees F- No outside activity or contest should be held. Inside activity should only be held if it is in an air conditioned area.

---

**NOAA's National Weather Service**

**Heat Index**

<table>
<thead>
<tr>
<th>Temperature (°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
</tr>
<tr>
<td>40</td>
</tr>
<tr>
<td>45</td>
</tr>
<tr>
<td>50</td>
</tr>
<tr>
<td>55</td>
</tr>
<tr>
<td>60</td>
</tr>
<tr>
<td>65</td>
</tr>
<tr>
<td>70</td>
</tr>
<tr>
<td>75</td>
</tr>
<tr>
<td>80</td>
</tr>
<tr>
<td>85</td>
</tr>
<tr>
<td>90</td>
</tr>
<tr>
<td>95</td>
</tr>
<tr>
<td>100</td>
</tr>
</tbody>
</table>

**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

- [ ] Caution
- [ ] Extreme Caution
- [ ] Danger
- [ ] Extreme Danger
LIGHTNING POLICY

If lightning is observed and the associated thunder is heard within 30 seconds, or the leading edge of the storm is within six miles of the venue, all individuals should be moved indoors, or to the safest available location(s):

a) Safe Structures- any building with plumbing and/or electrical wiring
b) In the absence of a sturdy, frequently inhabited building, and vehicle with a hard metal roof with windows shut (team bus, cars, etc.)

If it is necessary to evacuate the venue during an athletic competition, the Certified Athletic Trainer and facilities manager should do so allowing for enough time to move the crowd and all associated to safe locations in an orderly and safe manner.

a) The Certified Athletic Trainer and facilities manager are responsible for clearing all spectators from the venue and must make every reasonable attempt to do so, while also considering their own safety
b) If the event has not started, it is the responsibility of the Certified Athletic Trainer and facilities manager to clear the venue
c) During competition and per NCAA rules, the game officials, in conjunction with the Certified Athletic Trainer and facilities manager, are responsible for stopping the game

Activities will resume after a minimum of 30 minutes after both the last sound of thunder and last flash of lightning. The storm must be at least 6 miles away. The 30 minutes will restart for every flash or bang.