

**STUDENT-ATHLETE EXTREME HEAT SAFETY AND PROTECTION**

For purposes of this policy, heat guidelines are based on Wet Bulb Globe Temperature (WBGT) levels developed by an organization or entity whose purpose is to regulate or govern interscholastic athletics programs in the Commonwealth.

**Heat-Acclimation and Modification Procedure**

The scheduling or cancellation of outdoor athletics practices or games are determined in relation to parameters established in connection with the different WBGT levels and tiers of the heat-acclimation and modification procedures.

The Charlottesville City School Board establishes the following procedures for outdoor athletics practices or games with at least five tiers of procedures based on heat or humidity levels, beginning with the first tier for the lowest heat or humidity level requiring special student-athlete safety and protection precautions and the final tier for the most severe heat or humidity level before the level at which all outdoor athletics practices or games will be cancelled.

Each tier identifies:

- required equipment modifications, if applicable for the sport,
- work-to-rest ratios,
- modification of water break requirements, and
- use of shaded areas for rest breaks

**Procedures**

| Level 1 | WBT (Not air temp) | WBGT (Not air temp) | Duration        | Fluid Consumption                                       | Practices                                                               |
|---------|--------------------|---------------------|-----------------|---------------------------------------------------------|-------------------------------------------------------------------------|
| 1       | <66°               | <80°                | 3 hours maximum | Insist that adequate fluid be ingested.                 | Full gear, minimum of 2 water breaks per hour.                          |
| 2       | 66°-74.9°          | <80°-82.4°          | 3 hours maximum | Insist that 4-6 oz. fluid be ingested every 20 minutes; | Full gear; minimum of 3 water breaks per hour.                          |
| 3       | <75°-76.9°         | <82.5°-84.9°        | 3 hours maximum | Insist that 6-8oz. fluid be ingested every 20 minutes   | Remove helmets unless active in drill, monitor athletes, rest as needed |

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|   |            |              |                                                                          |                                                             |                                                                                                                                                                         |
|---|------------|--------------|--------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 | <77°-78.9° | <85°-87.4°   | 3 hours maximum, every 45 minutes of work ≥ 15 minutes of rest each hour | Insist that 8-10oz fluid be ingested every 15 minutes       | No equipment during non-contact drills; remove helmet unless active in drill, remove pads when teaching or non-contact portions of practice exceed 10 minutes in length |
| 5 | <79°-80.9° | <87.5°-89.9° | 3 hours maximum, every 40 minutes of work ≥ 20 minutes of rest each hour | Insist that 8-10oz fluid be ingested every 15 minutes       | Shirt and shorts only, no helmets or equipment; reduce intensity of activity                                                                                            |
| 6 | 81°+       | 90°+         | NO OUTDOOR PRACTICES, SCRIMMAGES, OR COMPETITIONS                        | Re-hydrate 24oz for every pound of body weight loss per day | Practices conducted indoors                                                                                                                                             |

### Cancellation of Athletics Practice or Games

Any athletics practice or game that is scheduled to take place during a time when the WBGT is above the highest tier addressed in the Heat-Acclimation and Modification Procedure, such event will be cancelled.

### Hydration and Cooling Space

Each student-athlete is given unhindered access at all times to hydration and a cooling space. The cooling space may be a shaded or air-conditioned area. Ice is made available and provided to each student-athlete and coach at any time there is a WBGT level of 80 degrees Fahrenheit or higher.

### Additional Procedures

The superintendent establishes:

- parameters for scheduling and cancelling outdoor athletics practices or games in accordance with the heat-acclimation and modification procedure;

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- procedures relating to preventing, recognizing, and addressing heat-related illnesses, including dehydration, heat syncope, heat exhaustion, and heat stroke; and
- a process for reporting and investigating any instance in which a student-athlete experiences a severe heat-related illness requiring emergency medical treatment or resulting in death.

Adopted: September 4, 2025

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Legal References: Code of Virginia, 1950, as amended, § 22.1-271.9.

|                   |      |                                                                            |
|-------------------|------|----------------------------------------------------------------------------|
| Cross References: | EB   | School Crisis, Emergency Management and Medical<br>Emergency Response Plan |
|                   | EBBA | Emergency First Aid, CPR and AED Certified Personnel                       |
|                   | JJAF | Student-Athlete Sudden Cardiac Arrest                                      |
|                   | KG   | Community Use of School Facilities                                         |
|                   | KGB  | Public Conduct on School Property                                          |