

Baltimore County Hot Weather Guidelines for Practices

Temperature	Humidity	Air Quality Index	Activity
Less than 80°	N/A	Code Green	No Restrictions Good Air Quality
80 ° – 90 °	Less than 70%	Code Yellow	Watch Carefully Moderate Air Quality
80 ° – 90 °	More than 70%	Code Yellow Moderate Air Quality	Frequent H ₂ O Breaks; 10 minute rest each hour; observe at-risk individuals carefully
90 ° – 100 °	Any	Code Orange Approaching Unhealthy Air Quality	Frequent H ₂ O Breaks; 10 minute rest each hour; observe at-risk individuals carefully
90 ° – 100 °	Any	Code Red	Holding morning practices or short practices. No more than 1 hour in duration. <u>Mandatory</u> H ₂ O breaks every 20 minutes or less.

On Code Red days, teams may not practice in full gear.

Evening Practice:
t-shirts; shorts if held
during middle of the
day.

Air Quality (ground level ozone or smog) deteriorates on afternoons that are in excess of 90° with low or no wind and clear skies. When such conditions are anticipated, a code orange or code red air quality alert is issued. Under such conditions, at-risk individuals who are heavily exercising should be watched closely and if experiencing any breathing difficulties, immediately required to stop and move indoors.

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.