

## APPENDIX F: MIAC Weather Policies

Added May 2018 (*amended August 2024, May 2019*)

To maximize health, safety, and sport performance of all participating student-athletes, the MIAC Conference and respective member institutions will utilize the MIAC Conference Lightning, Heat, and Cold Policy for events that a member is the host institution (conference and non-conference), not including NCAA championship play, which shall be governed by NCAA policy.

### Operational Protocol

The host institution's athletic trainer assigned to the event is responsible for determining whether or not the weather conditions present a threat to the safety of the participants. The athletic trainer and the host institution's administrators should monitor weather conditions in the days leading up to all events and communicate with the visiting institutions athletic trainer, administrators, and coaches if they deem it likely that weather conditions might affect an event.

### Lightning Policy

No competition will occur if it is determined that lightning is within a 10-mile radius of the event site. The host institution's athletic trainer shall make the determination of whether conditions include lightning/thunder within a ten-mile radius. The lightning will be monitored by the host athletic trainer and the athletic trainer will inform officials and coaches when participants need to go inside for safety. The host AT will inform the officials and coaches when weather is clear and lightning has moved outside the 10-mile radius. Outdoor activities may be resumed/started 30 minutes after this point. Event Management will be notified so appropriate actions can be taken for spectator safety.

The athletic trainer (or their designee) will monitor lightning strikes using weather applications, lightning detectors, or using the flash to bang method.

The flash to bang method is used as follows: When a flash is seen, count the seconds to the bang of its thunder. Divide the number of seconds by five to get the distance in miles from your location to the lightning.

### Cold Policy

The host school athletic trainer (or their designee) will inform the officials and coaches when precautions need to be taken prior to the start of contest. The host athletic trainer will monitor the temperature/wind-chill temperature during the contest. These temperatures will be monitored using National Weather Service information. Contests will be modified according to the following guidelines when the "feels like" temperature falls into these respective ranges:

<b>30°F (-1.11°C) and above:</b>	Be aware of the potential for cold injury and notify appropriate personnel of potential.
<b>29°F (-3.89°C) to 16°F</b>	Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for re-warming.
<b>15°F (-9.44°C) to -10°F:</b>	Modified activity with frequent chances to re-warm to prevent cold-related injuries. 2 - 45-minute sessions with a 15-minute re-warming break in between. Team must supply their own cold weather protective gear.
<b>-10°F (-17.78°C) and below</b>	Outside activity not be allowed

### **Process to Calculate and Monitor Feels Like Temperature**

Feels like temperature will be monitored prior to and throughout event by athletic trainer using National Weather Service data.

### Heat Policy

The host institution's athletic trainer (or their designee) will determine if modifications are necessary due to heat. This determination will be based on the Wet Bulb Globe Temperature (WBGT) at the site of the event. The host athletic trainer will monitor the WBGT prior to and throughout the event (as per guidelines below), and will inform the contest officials and coaches when precautions or stoppage of play must take place. Activities will be modified according to the following guidelines when the WBGT falls into these respective ranges. All modifications listed for the range in which the WBGT falls, and those listed for all ranges below, will go into effect. If an indoor facility that is not climate controlled is used, the same policies will be in effect for these sports.

	< 76.1 WBGT	76.2- 81.1 WBGT	81.2-86 WBGT	>86.1 WBGT *
Football	1. All contests can be conducted.	1. The transition times following the 1 <sup>st</sup> and 3 <sup>rd</sup> quarters will be extended 2 minutes. 2. Water will be allowed on the field and helmets allowed to be removed for all play stoppage (i.e., injuries, measurements, etc.). 3. Additional breaks are to be left to the discretion of the game officials and medical staff. 4. Ice towels will be available on both sidelines. 5. Cooling tub available near event site.	1. A 5-minute break at the halfway point of each quarter (7-10 minute mark). 2. Timeouts will be extended by 2 minutes.	No Competition Occurs
Soccer	2. Water and electrolyte replacement drinks should be available to all participants in a manner appropriate for the event as determined by the athletic trainer. +	1. Addition of water breaks will be left to discretion of the athletic trainer and communicated to the officials and coaches. 2. Ice towels will be available for both teams. 3. Cooling tub available near event site.	1. A 5-minute water break will occur at the first stoppage of play after the 20-minute mark of each half. If no stoppage of play has occurred by the 25-minute mark the official will stop the game.	No Competition Occurs
Cross Country	3. If WBGT is above 76.1 athletic trainers should have electrolyte replacement drinks available. +	1. Cooling tub available near event site. 2. Ice towels will be made available.	1. Shaded tents provided and/or ability to cool in an air-conditioned facility. 2. Athletic trainer will assess course and add other measures as they see fit.	No Competition Occurs
Golf	+ Host institution should provide electrolyte replacement.	<b>76.2 to 87 WBGT</b> 1. Ensure participants have access to water throughout the event.	<b>87.1 to 90 WBGT</b> 1. Host should implement use of carts for all participants. 2. Host should ensure each team has supplied appropriate hydration throughout the course.	No Competition Occurs if WBGT greater than 90.1 *
Tennis		1. Ice Towels will be available for participants during changeovers. 2. Changeover breaks can be extended to 3 minutes and shade provided if deemed appropriate by athletic trainer. Athletic trainer will inform official and coaches of any change. 3. Cooling tub available near event site.	1. Breaks between sets may be extended to 5 minutes and players may leave court to be in a climate-controlled facility if deemed appropriate by athletic trainer. Athletic trainer will inform official and coaches of any changes.	No Competition Occurs if WBGT greater than 87.1 *
Baseball & Softball		1. Addition of water breaks will be left to discretion of the athletic trainer. 2. Ice Towels will be available in each dugout.	1. If a half-inning exceeds 15 minutes in length a 5-minute timeout will be called to allow for the catchers and umpire to remove equipment and cool off. This break will occur between at bats following the 15-minute threshold. The athletic trainer will be in charge of tracking and communicating with the umpires.	No Competition Occurs if WBGT greater than 87.1 *
Outdoor Track & Field		1. Cooling tub available near event site. 2. Ice towels will be available at main track facility.	1. A climate-controlled facility must be made available to all athletes for the duration of the event.	No Competition Occurs

### Process to Calculate and Monitor WBGT

The WBGT will be taken at the event site at a height between three and four feet from the event surface. Every MIAC Institution will use the Kestrel 5400 Heat Stress Tracker (or comparable WBGT measuring device) to determine the WBGT at the site. If weather conditions warrant, the first reading should be taken 30 minutes prior to warm-up for the event. If the initial reading is above 76.1, a reading should take place every 30 minutes thereafter. If WBGT increases into another category, the actions listed will go into effect. If there is a reading that would trigger a stoppage in play, a second reading should be taken 10 minutes later; if this second reading still exceeds the threshold for stoppage of play, the event will be halted at that point. Sport specific halted game rules would go into effect. If the initial reading is below 76.1, the athletic trainer will determine if additional readings should take occur during the event.