

Inclement Weather Policy

Lightning

- 1 Coach on staff must have an app that tracks nearby lightning strikes.
- Lightning within 8 Miles – Practice is suspended and seek shelter.
 - No activities can resume until at least 30 minutes after the last lightning strike within 8 miles.

Heat

- Heat Index below 95 degrees – Practice as usual.
- Heat Index between 95-100 degrees – Practice without helmets and shoulder pads.
 - Once Heat Index drops below 95 degrees, practice as usual.
- Heat Index between 100-105 degrees – Walk-through only practice without helmets, shoulder pads, and refraining from conditioning drills.
- Heat Index over 105 degrees – Practice NOT permitted.
 - Once Heat Index drops below 105 degrees, practice may begin with the above conditions applying.

