

Baltimore County Hot Weather Guidelines for Practices

Temperature	Humidity	Air Quality Index	Activity
Less than 80	N/A	Code Green	No Restrictions
80 – 90	Less than 70%	Code Yellow/ Moderate Air Quality	Watch Carefully
80 – 90	More than 70%	Code Yellow/ Moderate Air Quality	Frequent water breaks; 10 minute rest each hour; observe at-risk individuals carefully
90 – 100	Any	Code Orange/ Approaching unhealthy air quality	Frequent water breaks; 10 minute rest each hour; observe at-risk individuals carefully
90 – 100	Any	Code Red	Hold morning practices, or short practices. No more than 1 hour in duration. Mandatory water breaks every 20 minutes or less. Evening practice: t shirt, shorts if held during middle of the day.

ON CODE RED DAYS, TEAMS MAY NOT PRACTICE IN FULL GEAR.

Air Quality (ground level ozone or smog) deteriorates on afternoons that are in excess of 90o 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.