

HEAT ALERT POLICY FOR SECTION VIII

Each school district is responsible for monitoring the T.H.I. (Temperature Humidity Index) and establishing their own guidelines for practices.

All required practice sessions shall be organized and planned for a reasonable length of time and shall include vigorous activity specific to the sport for the purpose of improving the physical condition of the players. Each of the required number of practices for an individual must include vigorous activity; however, practice sessions required for the team beyond those needed by the individual may be used solely for meetings, film review and similar activities.

THUNDER AND LIGHTNING POLICY

If thunder or lightning is observed, all outdoor activities will be suspended immediately. Shelter should be sought in appropriate locations. Resumption or results of contest(s) should be governed by the rules of the particular sport. Before resuming contest, officials should wait a minimum of thirty (30) minutes after the last observable lightning strike or thunder heard.

Decision by the State Executive Committee 10/25/04