

Hot Weather Guidelines for Cross Country Practices and Meets

- **Education** – Cover Hot Weather Guidelines and Information (prevention, proper hydration, recognizing symptoms, treatment) with all runners and parents. We will put as much information as possible on the WCPSS website.
- **Acclimatization** – After official start of the fall sports season, all runners must have 6 practices prior to the first meet.
- **Coach/Runner communication** is a necessity. Runners need to let the coach and/or athletic trainer know of any problems that they are experiencing.
- **Be adaptable to weather:** shorten practice, change practice times, modify practice, change meet times, shorten meets
- **For fall season practice prior to the start of school**, do not practice between the times of 10:00 and 5:00 unless wet bulb temperature is white or green.
- **Recommend Buddy System:** Pair up individuals for practice and meets. “Buddy” duties would include checking attendance at practice or meets, checking attendance prior to and after the run, and checking for any problems.
- **Use your seniors** to help at practices and meets.
- **Cross Country Meets**
 - **For acclimatization purposes, prior to Labor Day, shorten week day meets to 3K unless wet-bulb temperature is below 75 degrees.**
 - **After Labor Day, week day meets are 5K unless wet-bulb temperature is 79 degrees or higher. If wet-bulb temperature is 79 degrees or higher, the week day meet will be reduced to 3K.**
 - **Saturday meets are usually scheduled earlier in the day, and include numerous schools participating from different parts of the state. Hot weather conditions should be monitored by the coach, and the coach should have an emergency action plan.**
- **Start weekday cross country meets** one hour later through **9/9/2011**: Example 5:00 walk the course, 6:00 girl’s meet, 6:30 boy’s meet
- **Put helpers/monitors/spotters on the course** directing traffic (especially the more confusing areas) and monitoring the runners – have ways that you can communicate.
- Have a **water/ice station on the course** to be used as needed.
- **Coaches are accountable for all runners beginning the run and ending the run.** This will occur prior to runners doing cool down run after the race.
- **Have assistant athletic trainer/first responder at meets you are hosting.** Alert EMS in your area of the cross country meet. Note: Athletic trainers/first responders are spread thin during the fall sports season and must attend football practices/games according to State Board of Education Guidelines, but have them available or on call for meets that you are hosting.
- **Water, ice, shade must be available at the end of the meet route.**
- **The cross country coach is the initial care giver** in most situations (practice or meets). They must have an emergency action plan in place.
- **Guidelines for Off-Campus Running** must be followed.