



- e. Tennis (if outdoors):
 - i. Addition of water breaks will be left to discretion of the game officials and medical staff, collectively prior to the start of the game.
 - ii. Host site must have ability to cool athlete (ice towels, ice bath/cold submersion tubs...) in case of emergency.
- f. Baseball/Softball:
 - i. Addition of water breaks will be left to discretion of the umpires and medical staff, collectively prior to the start of the game.
 - ii. Host site must have ability to cool athlete (ice towels, ice bath/cold submersion tubs...) in case of emergency.
- g. Outdoor Track & Field:
 - i. Water will be provided at the event, at least 1 hour prior to the start to the event.
 - ii. Host site must have ability to cool athlete (ice towels, ice bath/cold submersion tubs...) in case of emergency.
- h. Non-Climate Controlled Facilities:
 - i. An extended break between all games will be allowed in gym. This decision is at the discretion of the game officials and medical staff, collectively.

4) 84.1-86 WBGT (High Risk – Red Flag):

- a. Football:
 - i. A 5-minute break after the first possession change and at the halfway point of each quarter (7:30 mark) shall be utilized.
 - ii. Timeouts and the transition times following the 1st and 3rd quarters should be extended by 2 minutes.
 - iii. Water should be allowed on the field
 - iv. Helmets to be removed for all play stoppage (i.e., injuries, measurements, etc.).
 - v. Ice towels will be available.
 - vi. Shoulder pads will be removed at half time.
 - vii. Host site must have ability to cool athlete (ice towels, ice bath/cold submersion tubs) in case of emergency.
- b. Soccer:
 - i. A 5-minute water break will occur between the 20-25-minute mark of each half, when there is a stoppage of play and at the discretion of the head referee.
 - ii. Host site must have ability to cool athlete (ice towels, ice bath/cold submersion tubs...) in case of emergency.
- c. Non-Climate Controlled Facilities:
 - i. A 5-minute break between all sets/games will be allowed in a gym.

- d. Cross Country:
 - i. Water will be provided at the start/finish lines of the event, at least 1 hour prior to the start to the event.
 - ii. Host site must have ability to cool athlete (ice towels, ice bath/cold submersion tubs) in case of emergency.
 - iii. Shaded tents and/or ability to cool in an air-conditioned facility is recommended.
 - e. Golf:
 - i. If water is depleted, golfers may refill water when necessary.
 - f. Tennis (if outdoors):
 - i. Water breaks will be extended to a minimum of 3 minutes between each set.
 - ii. Host site must have ability to cool athlete (ice towels, ice bath/cold submersion tubs...) in case of emergency.
 - g. Baseball/Softball:
 - i. Water in each dugout.
 - ii. Host site must have ability to cool athlete (ice towels, ice bath/cold submersion tubs...) in case of emergency.
 - h. Outdoor Track & Field:
 - i. Water will be provided at the event, at least 1 hour prior to the start to the event.
 - ii. Host site must have ability to cool athlete (ice towels, ice bath/cold submersion tubs...) in case of emergency.
 - iii. Athletic trainers should also remind track and field athletes to hydrate properly within 48 hours of anticipated event.
- 5) >86.1 WBGT (Extreme Risk – Black Flag):**
- a. All outside contests must be postponed until conditions improve or be rescheduled.
- 6) All sports not specifically mentioned in the contest guidelines should follow similar precautions listed under each range.**

II. Air Quality

NSIC member institutions shall consider the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports guidelines when making decisions about the appropriateness of practice or competition in degrading air quality situations. The National Weather Service Air Quality Index (AQI) shall be used as the metric when measuring air quality. To monitor AQI, all appropriate personnel shall defer to www.airnow.gov. The following was formulated by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports:

- Attentive monitoring of local AQI and associated air quality alerts, especially during times of extreme environmental conditions, is recommended. This monitoring is best performed by the primary athletics healthcare providers trained to monitor environmental impacts on student-athlete health and safety. However, schools may choose to delegate this responsibility to another staff member with knowledge and training about environmental monitoring.
- Member schools should consider shortening or canceling outdoor athletic events (practices and competitions) in accordance with AQI guidance. Exposure should be managed more conservatively for student-athletes with pre-existing pulmonary or cardiac conditions, which may exacerbate the complications of these conditions and lead to an acute medical emergency. Specifically, at an AQI of 100 or higher, schools should consider removing sensitive athletes from outdoor practice or competition venues and should closely monitor all athletes for respiratory difficulty. Reduce heavy or prolonged exertion in sensitive individuals.
- At AQIs of over 150, outdoor activities should be shortened, and exertion should be minimized by decreasing the intensity of activity. Sensitive athletes should be moved indoors.
- At AQIs of 200 or above, serious consideration should be given to rescheduling the activity or moving it indoors. Prolonged exposure and heavy exertion should be avoided. Avoid all outdoor physical activity for sensitive individuals.
- At AQIs of 300 or above, outdoor activities should be moved indoors or canceled if indoor activity is not an option.
- School emergency action plans should guide the emergency care response in these circumstances, and staff should rehearse the plan at a minimum of once a year.

III. Cold Weather

NSIC member institutions are in a cold weather climate, and as such must consider appropriate precautions and logistics for this type of weather condition. Sports such as baseball and softball implement their own cold-weather policy and determination for conditions of play. In lieu of specific, sport related policy, the below policies shall be implemented for NSIC play. Of note, these are recommendations and any change in schedule or gameday protocol must be agreed upon by both teams and institutional administration. These guidelines come from the NATA Position Statement: Environmental Cold Injuries:

1. Before Event

- Encourage proper hydration and nutrition and discourage alcohol and drug use.
- Ensure that athletes and coaches know the signs and symptoms of cold injury.
- Identify participants at a high risk of cold injury. Risk factors include the following:
 - Lean body composition
 - Females
 - Older age
 - Black race
 - Lower fitness level
 - Presence of comorbidity (e.g., cardiac disease, anorexia, Raynaud syndrome, exercise-induced bronchospasm)
- Encourage proper conditioning and appropriate equipment and clothing choices.

2. Environmental Assessment

- Evaluate immediate and projected weather information, including air temperature, wind, chance of precipitation or water immersion, and altitude.
- Identify activity intensity requirements and clothing requirements for everyone.
- Have alternate plans in place for deteriorating conditions and activities that must be adjusted or cancelled.
- The following guidelines can be used in planning activity depending on the wind-chill temperature. Conditions should be constantly reevaluated for change in risk, including the presence of precipitation (chart for determining windchill provided in Appendix A):
 - i. **Green Flag, >30 Degrees, Good Conditions:** Normal Activities
 - ii. **Yellow Flag, 25-30 Degrees, Less than Ideal Conditions:** Be aware of potential for cold injury and notify appropriate personnel of the potential
 - iii. **Orange Flag, 16-24 Degrees, Moderate Risk for Cold Related Illness:** Consider providing additional protective clothing, cover as much exposed skin as practical, and consider providing opportunities and facilities for rewarming.
 - iv. **Red Flag, 1-15 Degrees, High Risk for Cold Related Illness:** Consider modifying activity to limit exposure and allow for more frequent chances to rewarm.
 - v. **Black Flag, <0 Degrees, Extreme Conditions:** Consider cancelling or attempting to move activities indoors. Frostbite could occur.

3. Coaches' and Athletes' Roles

- Coordinate a schedule of hydration and/or feeding.
- Coordinate a schedule of rewarming or clothing changes as needed.
- Identify possible activity modifications as conditions change (e.g., change activity times)
- Become educated about the prevention and recognition of cold injuries.
- Develop a schedule for monitoring athletes to allow early recognition of potential injury.

4. Event Management

- Provide food and fluids.
- Provide warming facilities.
- Provide additional clothing and equipment for varying conditions.
- Implement exposure control and rewarming schedules as needed.
- Monitor environmental conditions and athletes regularly.

5. Treatment Preparations

- Ensure medical staff is prepared to identify the signs and symptoms of cold injury.
- Ensure medical staff has proper equipment and skills to assess cold injury.
- Prepare an emergency action plan in the event that rapid transport is necessary.
- Prepare active rewarming equipment (e.g., whirlpool, hot packs, towels, blankets, dry clothing).
- Identify warm, dry areas for athletes to passively rewarm, recover, or receive treatment.
- Provide direct on-site (i.e., sideline) passive rewarming (e.g., additional clothing, space heaters).

IV. Lightning Policy *(updated July 2020)*

With the adoption and implementation of the WeatherSentry product, the presence of lightning shall become more consistently and accurately detected. WeatherSentry uses GPS weather and location data which will give accurate, real time lightning readings.

In the event lightning is in the area prior to a contest starting, the decision to postpone the start will be with the host athletic trainer and the host game administrator. Once the contest starts, the game administrator and home athletic trainer shall monitor the presence of lightning and give a warning to the head official/umpire if lightning is within 15 miles of the facility. The game administrator and home athletic trainer will then immediately let the head official/umpire know if lightning is within 10 miles of the facility. Once play has been halted, the home certified athletic trainer and game administrator will monitor lightning while being in contact with the head official/umpire. Once it has been 30 minutes since the last lightning has been within 10 miles of the facility (in any direction), play may resume. At the time of the 15 mile warning, the game administrator and home athletic trainer shall notify the public address announcer to read a lightning script provided by the conference office to be consistent in notifying fans of lightning in the area. See Appendix B for the PA Announcement scripts. Game operations staff must communicate facility specific evacuation plans to all fans in attendance if the game is to be postponed and this communication shall happen at the same time of the 15-mile warning announcement.



V. Wind Policy – Filming

Filming from non-permanent devices shall be prohibited when sustained winds or wind gusts are 28 miles per hour or greater, or as outlined in the owner's manual of the lift device. Each institution is responsible for establishing an individual on their campus to monitor these conditions (*Revised July 2024*).



Appendix A

WIND CHILL TEMPERATURE (WCT) INDEX TEMPERATURE IN DEGREES FAHRENHEIT														
WIND SPEED		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57
	45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	



Appendix B

PA Announcement - Announce at the beginning of the game:

Fans, inclement weather, including lightning, is forecasted today/tonight and may lead to the suspension of play, cancellation or rescheduling of this game. The officials in conjunction with game administration will administer the NSIC lightning policy, which resets the game clock to have a 30-minute wait prior to resuming play each time a new lightning strike occurs in the area. Administration will be utilizing a conference instituted weather app in the decision to resume play while ensuring the safety of all participants and spectators.

PA Announcement - Lightning is 15-miles away:

Fans, inclement weather, including lightning, is within 15 miles of our facility. If lightning strikes within 10 miles of the facility the contest will be suspended immediately and we ask that at that time you all take shelter by following the direction of our facilities staff.

PA Announcement - Suspension of play occurs:

Fans, the contest has been suspended until the weather no longer poses a danger to this area. Please begin to evacuate the facility in a calm and orderly fashion for everyone's safety. The officials in conjunction with game administration have administered the NSIC lightning policy, and the game clock has been set to 30 minutes, which is tentatively when the game MAY restart. If a new lightning strike occurs within 10 miles of the facility, the clock will be reset. Once the storm clears, we will notify of the resumption of the event. At that point, you will be permitted to re-enter the stands.

