

OSSAA Extreme Heat Policy Compliance Guide

Effective for 2025–26 Academic Year

Key Requirements at a Glance

- **Training:** All athletic coaches must annually complete A Guide to Heat Acclimatization and Heat Illness Prevention via NFHSLearn.com; marching band directors must complete the Band Safety course. Certificates must be kept on file at each school.
- **Practice Duration:** Preseason practices capped at **2.5 hours per session** with at least a **1-hour rest** between. No more than 5 total hours of practice activities per day. Warm-up, stretching, conditioning all count toward the limit.
- **Acclimatization Period:** A **14-day period** at the start of the season (or when a student begins practice). During this time, limits are in place on session length and equipment.
- **WBGT Monitoring:** Schools must use WBGT devices or apps to determine activity modifications. WBGT readings must be recorded **every 30 minutes** during practices.
- **Cooling Zones:** Each outdoor practice or contest held when **WBGT $\geq$ 82.0°F must have rapid cooling available** (cold-water immersion tubs or equivalent methods).
- **Competitions:** WBGT guidelines do not apply to games, but hydration breaks and cooling stations are **recommended when WBGT exceeds 90°F**.

Compliance Challenges for Schools

- Manual WBGT checks are **time-intensive and inconsistent**
- Staff must balance **record-keeping, training compliance, and safety decisions**
- Extra burden to set up and maintain cooling zones and monitoring tools
- Limited resources make it difficult to manage compliance while keeping focus on students

How Weatherstem Keeps You Compliant

- **Automated WBGT monitoring and records**—no manual checks, data stored for audits
- **Sub-second environmental data** from your actual fields, not distant airports
- **Instant text/email alerts and “all clears”** aligned with OSSAA WBGT thresholds
- **Hands-off installation**—professional setup with no burden on school staff
- **Year-round maintenance and support** to ensure reliability when it matters most
- **Digital dashboards** for quick access to records, reports, and compliance history



Trusted by 200+ districts nationwide to meet heat and lightning safety mandates

Proven in athletics from K12 to the NFL

Customizable to your district's protocols and needs

Backed by responsive, direct support and unmatched maintenance plan

Ready to Protect Students and Ensure Compliance?

Weatherstem is more than a product—we're a **full-service safety partner**. From installation to ongoing maintenance, we make compliance simple so your district can focus on what matters most: protecting students.

[Contact Weatherstem for Your Custom Compliance Plan](#)