

Heat Policy

Under 95 degrees Heat Index

1. Provide ample amounts of water. This means that water should always be available, and athletes should be able to take in as much water as they desire.
2. Optional water breaks every 30 minutes for 10 minutes in duration.
3. Watch/monitor athletes carefully for necessary action.

95 degrees to 99 degrees Heat Index

1. Provide ample amounts of water. This means that water should always be available, and athletes should be able to take in as much water as they desire.
2. Mandatory Water breaks every 30 minutes for 10 minutes in duration.
3. Watch/monitor athletes carefully for necessary action.
4. Reduce time of outside activity. Consider postponing practice to later in the day.

100 degrees to 104 degrees Heat Index

1. Provide ample amounts of water. This means that water should always be available, and athletes should be able to take in as much water as they desire.
2. Mandatory Water breaks every 30 minutes for 10 minutes in duration.
3. Watch/monitor athletes carefully for necessary action.
4. Alter uniform by removing items if possible.
5. Allow for changes to dry t-shirts and shorts.
6. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
7. Postpone practice to later in the day.

Above 104 degrees Heat Index

1. Stop all outside activity in practice and/or play and stop all inside activity if air conditioning is unavailable.