

## HOT WEATHER GUIDELINES

At times when severe weather affects the area, the following guidelines will be in effect. Since temperatures fluctuate from location to location please check the local weather station closest to you for accurate temperatures.

Please ensure whenever training any player that they are gradually acclimated to the heat over a period of 7 to 10 days. In addition review your teams' medical information and be aware of all players' medical conditions. While this is general guidance, players and coaches may have undisclosed or undiagnosed conditions that may be exasperated by excessive heat, dehydration and/or activity. Use extreme caution when training and watch all team members carefully.

- Temperature ranges are based on the higher of either **Ambient Temperature** or **Heat Index**.
- Ensure you are comfortable with recognizing the signs and symptoms of heat injuries and how to respond to them.
- Make sure there is another adult available to help with the team in case an emergency arises and EMS needs to be called.

**\*\*Note:** Guidelines may be adjusted by the DSA Executive Board as conditions dictate.

### **Condition Yellow: 90-94 Degrees**

Games:

- Water breaks once per half.

Practice:

- Water breaks every 15-20 minutes
- Practice no longer than 2 hours

### **Condition Pink: 95-99 Degrees**

Games:

- Water breaks once per half

Practice:

- Water breaks every 15-20 minutes
- Practice no longer than 1.5 hours
- Wear light weight and light colored clothes

### **Condition Red: 100-103 Degrees**

Games:

- Check temperatures every 15 minutes to re-evaluate conditions
- Increase water breaks to two per half (running clock)
- Players may step off field to technical area and seek shade if available during water breaks
- Game lengths may be reduced

Practice:

- Water breaks every 15 minutes with minimum 10 minutes in shade (15 on - 10 off)
- Practice no longer than 1 hour
- Wear lightweight and light colored clothes

### **Condition Black: 104 + Degrees**

All activities will be **CANCELLED** if we reach this Condition!!!

Games that are in progress but have not started the second half will be rescheduled if possible.