



HOT WEATHER GUIDELINES

Augments: Bylaws: FOUL WEATHER PROCEDURES

At times when severe hot 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 course 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 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 FSA Board as conditions dictate.

(Condition Yellow) 90-94 DEGREES:

Games: Per Bylaws water breaks will be implemented once per half

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

(Condition Pink) 95-99 DEGREES:

Games: Per Bylaws water breaks will be implemented once per half

Practices: 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 temperature 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

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

(CONDITION BLACK) 104+ DEGREES:

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

Fluid Guidelines

Before exercise

2-3 hours before exercise 17-20 oz. of water or a sports drink
10-20 minutes before exercise drink another 7-10 oz. of water or sports drink

During exercise

Drink early—even minimal dehydration compromises performance
Follow above FSA guidelines

After exercise

Within 2 hours, drink enough to replace any weight loss from exercise.
Drink approximately 20-24 oz. of a sports drink per pound of weight loss.