



Hot Weather Policy

Overview:

Practice or competition in hot and humid environmental conditions poses special problems for athletes. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

General Considerations for Risk Reductions

1. Encourage proper education regarding heat illnesses (for athletes, coaches, parents, medical staff, etc.) Education about risk factors should focus on hydration needs; acclimatization, work/rest ratio, signs and symptoms of heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.

General Guidelines:

1. An initial complete medical history and physical exam (see section on Medical Release and Physicals, elsewhere in this packet)
2. Gradual acclimatization of the athlete to hot/humid conditions is a must. We advise that athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of seven to 10 days to achieve acclimatization.
3. Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During acclimatization process, athletes should practice in T-shirts, shorts, socks and shoes. Rubberized suits should never be worn.
4. To identify heat stress conditions, regular measurements of environmental conditions will be taken daily.
5. Players who miss practice for extended periods MUST repeat the acclimatization procedure upon their return.



Specific Guidelines

Heat index of less than 100:

- No restrictions

Heat index of 100-105:

- Workouts limited to 1 1/2 hours, 10 minute break every 30 minutes.
- Conditioning should take place without helmets/shoulder pads.
- Athletes allowed to remove helmets if not actively participating

Heat index of 105-110:

- Workouts limited to 1 1/2 hours, 10 minute break every 30 minutes
- Unrestricted access to water at all times
- A 10 minute break should precede all conditioning
- Conditioning should take place without helmets/shoulder pads
- Conditioning should not exceed 10 minutes
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or repercussions

Heat Index of 110-115

- Shorts and T-shirts, no helmets for practice
- Practice shortened to 1 hour
- Unrestricted access to water at all times
- 10 minute break every 20 minutes
- Conditioning should take place indoors
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties

Heat index of greater than 115:

- No outdoor workouts