



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. Players who miss practice for extended periods MUST repeat the acclimatization procedure upon their return.
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 shall never be worn.
4. KYF® will monitor environmental conditions daily through a combination of Heat Index and Wet Bulb Globe Temperature (WBGT) measurements.
5. KYF may utilize a Kestrel 5400 Heat Stress Tracker or equivalent device to obtain WBGT measurements. Official league readings may be taken at a representative central KYF location and communicated to all organizations and teams as necessary.
6. When both Heat Index and WBGT measurements are available, the more restrictive condition shall govern all practice and game activities.
7. If environmental conditions rise into a more restrictive category during the first half of practice or event, the restrictions associated with the higher category shall immediately apply.
8. Coaches, league officials, and safety personnel retain the authority to impose additional restricted or suspended activities if field-specific conditions appear more severe than official league measurements. Coaches are required to monitor the Heat Index every 30 minutes using the NIOSH Heat Safety Tool Application for [iOS/Android](#)
9. **No outdoor football activities shall be conducted when the Heat Index exceeds 115°F or when WBGT exceeds 92.1**

SPECIFIC HEAT GUIDELINES

Condition Level	Heat Index	WBGT	Restrictions
Green	Less Than 100°F	82.1 or below	No Restrictions
Yellow	100-105°F	82.2 – 87.0	➤ Workouts limited to 1 1/2 hours, 10-minute break every 30 minutes. ➤ Conditioning shall take place without helmets/shoulder pads. ➤ Athletes allowed to remove helmets if not actively participating
Orange	105-110°F	87.1 – 90.0	➤ 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 shall take place without helmets/shoulder pads ➤ Conditioning shall not exceed 10 minutes ➤ Decrease repetitions and practice for overweight individuals ➤ Asthmatic athletes may remove themselves from workout without penalties or repercussions
Red	110-115°F	90.1 - 92.0	➤ Shorts and T-shirts, NO HELMETS/PADS for practice ➤ Practice shortened to 1 hour ➤ Unrestricted access to water at all times ➤ 10 minute break every 20 minutes ➤ Conditioning shall take place indoors or not at all ➤ Decrease repetitions and practice for overweight individuals ➤ Asthmatic athletes may remove themselves from workout without penalties
Black	Great than 115°F	Greater than 92.1	➤ No outdoor workouts/activities permitted

WBGT Advisory: KYF may issue league-wide WBGT advisories when measured WBGT reaches 92.1°F or greater. A WBGT reading greater than 92.1°F will result in suspension of all outdoor football activities. Similarly, a Heat Index greater than 115°F will result in suspension of all outdoor football activities. When Heat Index and WBGT result in different restriction categories, the more restrictive category shall apply.