

# Heartland Temperature Guidelines

The following policies are the minimum standard for all outdoor and non-air-conditioned indoor activities for Heartland teams. The use of more stringent policies is up to each individual head coach or school/district sponsor.

## **HEAT GUIDELINES**

When temperatures reach 96-103 degrees or heat index between 104-109 degrees:

Practices/Games will include a 5-minute break every 30 minutes of practice/game in shade if possible. Practice/Game is not to exceed 2 hours total outdoor time. Water should be available at all times during practice/game.

When the temperature is greater than 103 degrees or heat index is greater than 110 degrees:

ALL outdoor practices/games should be cancelled or postponed.

## **HOT WEATHER TIPS**

- Athletes should drink plenty of water before, during and after exercise.
- Athletes should be allowed to take frequent water breaks and rest as needed during activities.

## **COLD GUIDELINES**

If the temperature is equal to or below 30 degrees F. during the time of an activity: All outdoor Practices/games should be cancelled or moved indoors.

If the wind chill is equal to or below 20 degrees F, then this will meet the same requirements as a 30 degree F temperature reading.

If there is precipitation and the temperature is 35 degrees F. during the time of an activity: All outdoor Practices/games should be cancelled or moved indoors.

## **COLD WEATHER TIPS**

- Safety and health of the players come first.
- Jackets may be worn, but the jersey must be on the outside
- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, due less running or moving. Referees and coaches should discuss weather and fields pre-game.