

# YMCA Heat Policy

## WHEN IN DOUBT SIT IT OUT

### Summer Inclement Weather Policy

The Sports Director will determine the official temperature and inclement weather condition to make a decision on games. Decisions on game cancellations will be made after 4:00pm. Updates will be posted at ymcatricities.org and our Facebook page. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions and cancellations. When determining the temperature the Sports Director will use the website WeatherBug at weather.weatherbug.com

### Heat Policy

For the safety of the players, the YMCA will cancel soccer games if the temperature reaches 104 degrees or above. If there is a heat index of 104 degrees or above, activities will be canceled as well. Any combination of the two will result in cancellation.

### Tips for Warm Weather Conditions

When warm weather conditions become extreme, please remember the following:

- Take frequent rest and water breaks.
- Drink water before you are thirsty. By the time you are thirsty, you are already dehydrated
- Wear light, loose fitting clothing made of breathable fabric light in color.
- Listen to your body. Stop if you feel chest pain, dizzy, lightheaded, or nauseated.

<b>Heat Index under 95°</b>	<b>All sports:</b> <ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.</li> <li>• Optional water breaks every 30 minutes for 10 minutes duration.</li> <li>• Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> </ul>
<b>Heat Index 95° to 99°</b>	<b>All sports:</b> <ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes duration.</li> <li>• Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> </ul> <b>Contact sports:</b> <ul style="list-style-type: none"> <li>• <a href="#">Helmets and other possible equipment removed</a> if not involved in contact</li> </ul> Reduce time of outside activity. Consider postponing practice to later in the day Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
<b>Heat index 100° to 104°</b>	<b>All sports:</b> <ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes duration.</li> <li>• Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> <li>• Alter uniform by removing items if possible</li> <li>• Reduce time of outside activity as well as indoor activity if air conditioning unavailable</li> <li>• Postpone practice to later in day if possible</li> </ul> <b>Contact sports and activities with additional equipment</b> <ul style="list-style-type: none"> <li>• <a href="#">Helmets and other possible equipment removed</a> if not involved in contact or necessary for safety. If necessary for safety, suspend activity.</li> </ul> Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
<b>Heat index above 104°</b>	<b>All sports:</b> <ul style="list-style-type: none"> <li>• Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.</li> </ul>

## Dehydration and youth sports: Curb the risk

[By Mayo Clinic Staff](#)

*If you're sweltering in the stands at a youth sporting event, imagine what it's like for the athletes. Learn who's at risk of dehydration — and how to prevent it.*

Anytime children or adolescents play sports or exercise in hot weather, they're at risk of heat-related illnesses. Understand how heat-related problems happen and what steps you can take to prevent them.

### Risk factors for dehydration

Your child might be vulnerable to dehydration and other heat-related illnesses in a hot or humid environment if he or she:

- Wears clothing or protective gear that contributes to excessive heat retention
- Rarely exercises
- Is overweight or obese
- Is sick or had a recent illness, especially involving diarrhea, vomiting or a fever
- Is taking certain supplements or medications, such as cold medicine
- Has had a previous heat-related illness
- Has a chronic condition, such as diabetes
- Isn't well-rested

### Acclimating to the heat

Heat-related problems are most likely within the first few days of practice in a hot environment. That's why it's best to take it easy at first, gradually increasing the amount of activity — and the amount of protective equipment — as the days pass.

Young athletes might need up to two weeks to safely acclimate to the heat.

During hot and humid conditions, coaches are encouraged to:

- Require young athletes to drink plenty of fluids before practice and during regular beverage breaks — even if they aren't thirsty
- Make sure clothing is light colored, lightweight and loose-fitting, or exposes as much of the skin as possible
- Decrease or stop practices or competitions if necessary, or move them indoors or to a shady area

### Knowing when to slow down — or call it quits

To determine when heat and humidity make strenuous exercise risky for young athletes, your child's coach might monitor the wet-bulb globe temperature (WBGT) — the standard index of temperature and humidity combined. If the WBGT is too high, outdoor athletic activities might need to be limited or canceled.

### Spotting dehydration and other heat-related problems

Even mild dehydration can affect your child's athletic performance and make him or her lethargic and irritable. Left untreated, dehydration increases the risk of other heat-related illnesses, including heat cramps, heat exhaustion and heatstroke.

Encourage your child to pay attention to early signs and symptoms of dehydration, including:

- Dry or sticky mouth
- Thirst
- Headache
- Dizziness
- Cramps
- Excessive fatigue

Remind your child that he or she should report signs and symptoms to the coach right away. Don't let embarrassment keep your child on the field. If dehydration is detected early, fluids and rest might be all that's needed. If your child seems confused or loses consciousness, seek emergency care.

### Prevention is key

If your child plays sports in hot weather, encourage him or her to drink plenty of fluids before, during and after practices and games. Teach your child the signs and symptoms of dehydration, as well as the importance of speaking up if they occur.

Involve your child's coach, too. Talk to the coach about adjusting the intensity of practice depending on the temperature and humidity on the field — and support the coach's decision to cancel games and practices when it's dangerously hot outside.