



## HEAT GUIDELINES

Forest Hills Youth Football & Cheerleading has implemented the following guidelines to deal with extreme heat at all youth football games and practices. It is designed to provide participants with a standard for safe play in situations of extreme heat.

The two values that the FHYF&C will take into account when modifying or canceling games/practices are air temperature and relative humidity. The combination of these two elements reflects the heat index. We will rely on the heat index monitor that will be at practices and games.

The FHYF&C has defined five heat index zones. These zones are based on recommended guidelines published by the **American College of Sports Medicine (ACSM)** for participation in sports activities during periods of extreme heat. Because the heat index does not take into account wind and direct sunlight, two degrees will be added to the stated heat index on sunny and still days. Likewise, two degrees will be subtracted on cloudy and windy days.

### **Yellow Zone**

Heat index of **81-98** degrees. In this range, coaches will be encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices.

### **Orange Zone**

Heat index of **99-105** degrees. In this range, the FHYF&C will implement the following at games: all measures taken in the Yellow Zone; water coolers will be available at the field complex for players. If it is a practice day, coaches are instructed to keep players well hydrated and to take frequent breaks and limit practice in full pads. Keep water available at all times.

### **Red Zone**

Heat index ranging of **106 to 115** degrees. In this range, the FHYF&C will implement the following for practices: all measures taken in the Yellow and Orange Zones; the length of practices will be limited. Pads and helmets will be very limited during practice, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated.

### **Black Zone**

Heat index **above 115**. In this range, the FHYF&C will cancel practices until the heat index returns to 115 or below.

Notification will be given.

**Note** -During the course of the day, the heat index will rise and fall depending upon the time of day, amount of wind, cloud cover, etc. The above program modifications could also change throughout the course of the day, especially on a weekend. For example, a 1pm game on Saturday could be played under the Orange Zone guidelines and a 4pm game could be played under Red Zone guidelines. Coaches and parents will be informed of the appropriate zone of play through signage at the game fields.

The above are merely guidelines. It is the responsibility of parents to make the ultimate decision as to the participation of their child in FHYP&C events when heat may be a factor, taking into consideration the age and physical condition of their child. Parents also have the ultimate responsibility to inform their child about the dangers of heat and need for protection, including sunscreen and proper hydration.