

**San Juan Unified Heat Procedures for
Athletic Practice and Contests**

Practices

Under 95 degrees Heat Index

Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. Optional water breaks every 30 minutes for 10 minutes in duration. Ice-down towels for cooling. Watch/monitor athletes carefully for necessary action.

95 degrees to 99 degrees Heat Index

Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. Mandatory water breaks every 30 minutes for 10 minutes in duration. Ice-down towels for cooling. Watch/monitor athletes carefully for necessary action. Contact sports and activities with additional equipment. Helmets and other possible equipment removed if not involved in contact. 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.

100 degrees to 104 degrees Heat Index

All sports - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. Mandatory water breaks every 30 minutes for 10 minutes in duration. Ice-down towels for cooling. Watch/monitor athletes carefully for necessary action. Alter uniform by removing items if possible. Allow for changes to dry t-shirts and shorts. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. Postpone practice to later in day. Contact sports and activities with additional equipment. Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

Above 104 degrees Heat Index

Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable

Basic Practices you can implement during extreme heat days.

1. Hydrate often, Recommendation – every 15 minutes
2. Tone down the amount of physical activity.
3. If possible cut the amount of physical practice time.
4. Take more breaks than usual.
5. This would be a good time for classroom time. (Part of your practice can be in the classroom)
6. Watch your student athletes closely to make sure they are not overdoing it.
7. Adjust and have a shorter practice time.

Games – Game day possibilities determined by the site, based on the time the temperature and the sport.

1. Reschedule the contest.
2. Running clock- shorten the amount of time the contest is being played.
3. More water breaks, example a referees time half way through each quarter for a water break.
Example Football/Soccer
4. Schedule contest later in the evening such as JV 6:00 pm, Varsity 8:15 pm.
5. Change game day strategy- play more athletes so they will each have more down time for rest and hydration time.
6. Cancel the Contest