



SHENANDOAH FC ELITE EXTREME HEAT POLICY

The following policy will be followed by all members of Shenandoah FC Elite. All members will be subject to the rules and guidelines provided or face disciplinary action. Exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake can cause various types of heat-related illness. Children and adolescents adjust more slowly than adults do to changes in environmental heat. They also produce more heat with activity than adults, and sweat less. Sweating is one of the body's normal cooling mechanisms. Children and adolescents often do not think to rest when having fun and may not drink enough fluids when playing, exercising, or participating in sports.

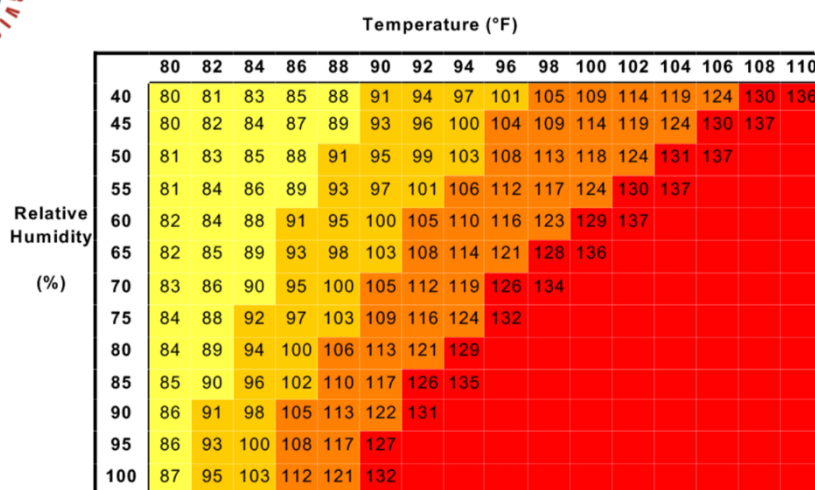
HEAT INDEX	RULES AND RECOMMENDATIONS
85°F & Below	Rules: <ul style="list-style-type: none">• Must ingest water at least once per hour• Recommendations:<ul style="list-style-type: none">• At least two (2) water breaks an hour• 3-5 minute rest period recommended with each break
86°F - 89°F	Rules: <ul style="list-style-type: none">• Must ingest water at least twice per hour• No restriction on water consumption Recommendations: <ul style="list-style-type: none">• At least two (2) water breaks an hour• 3-5 minute rest period recommended with each break• All athletes wear sunscreen
90°F – 94°F	Rules:

	<ul style="list-style-type: none"> • Water consumed every 20 minutes • A 5-minute rest period for each hour of training - No restriction on water consumption • Watch/monitor athletes for heat related illness. <p>Recommendations:</p> <ul style="list-style-type: none"> • 3-4 water breaks an hour • 3-5 minute rest period recommended with each break • Cool towels for cooling • All athletes wear sunscreen
95°F – 99°F	<p>Rules:</p> <ul style="list-style-type: none"> • Water consumed every 20 minutes • Mandatory 4 water breaks • A 3-5 minute rest period for each water break • For every 45 minutes of work, minimum 15 minutes of rest out of the sun/in shade • No restriction on water consumption • Watch/monitor athletes for heat related illness <p>Recommendations:</p> <ul style="list-style-type: none"> • Cool towels for cooling • All athletes wear sunscreen • Training last no more than two (2) hours
100°F – 104°F	<p>Rules:</p> <ul style="list-style-type: none"> • Water consumed every 15 minutes • Mandatory 4 water breaks • A 3-5 minute rest period for each water break • For every 45 minutes of work, minimum 15 minutes of rest out of the sun/in shade • No restriction on water consumption • Watch/monitor athletes for heat related illness • Training to last no more than 1.5 hours (with at least one-hour rest out of the sun before returning to activity)

	Recommendations: <ul style="list-style-type: none"> • Cool towels for cooling • All athletes wear sunscreen
105°F & Above	Rules: <ul style="list-style-type: none"> • All outdoor activities cancelled



National Weather Service Heat Index Chart



Likelihood of Heat Disorders with Prolonged Exposure and/or Strenuous Activity

■ Caution ■ Extreme Caution ■ Danger ■ Extreme Danger

Preparing to Play in the Heat

The following guidelines should be taken into consideration to prevent heat related illnesses.

- Stay hydrated. This means drinking plenty of water before, during and after activity even if you are not thirsty.
- Wear lightweight, light-colored, loose-fitting clothing in hot weather.
- Bring plenty of water to practice/games (a minimum of 1 liter).
- Pack a cooling towel or spray bottle to cool the neck/face during breaks.
- Apply high SPF sunscreen that blocks both UVA and UVB rays 15 minutes prior to outdoor activity and reapply every 2 hours or more frequently if sweating.

- Pace activity. Have a warm up, intensity increase, and cool down.
- Limit exposure.
- Have some form of shade or cooling area available if you will be out for prolonged periods of time (wide brimmed hat, umbrella, tent, shade tree, car with air conditioning).
- Monitor urine output and color. Urine the color of lemonade indicates proper hydration whereas urine that looks more like apple juice indicates dehydration.
- Use this as an indicator to gauge proper fluid intake over time.

Hot Weather Injuries/Symptoms and Care

Dehydration: lose more fluid than you take in.

Symptoms include:

- Dry, sticky mouth
- Lethargy
- Thirst
- Headache
- Dry skin
- Dizziness/lightheadedness
- Decreased urine output

Treatment: Replace lost fluid with water and sports drinks. Avoid carbonated beverages and excessive salt.

Heat Cramps: painful muscle cramps and spasms that occur during or after intense exercise and sweating in high heat.

Symptoms include:

- Painful cramps, especially in the legs
- Flushed, moist skin

Treatment: Move to a cool place and rest. Remove excess clothing and place cool cloths on skin. Give cool sports drinks including salt and sugar. Stretch cramped muscles slowly and gently.

Sunburn/ Sun Poisoning: Burn or rash resulting from prolonged exposure to ultraviolet (UV) radiation that inflames the skin.

Symptoms include:

- Skin redness/blistering/rash
- Pain and tingling
- Swelling
- Headache
- Fever and chills

Treatment: Get out of the sun. Apply cool compress. Drink extra fluid for the next few days. Apply aloe gel or moisturizer. For severe sunburns with blistering or burns covering a large area, seek medical attention.

Heat Exhaustion: Occurs in conditions of extreme heat and excessive sweating without adequate fluid and salt replacement. Heat exhaustion occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke.

Symptoms include:

- Muscle cramps
- Pale, moist skin
- Usually has a fever over 100.4°F
- Nausea
- Vomiting
- Diarrhea
- Headache
- Fatigue
- Weakness
- Anxiety, faint feeling

Treatment: Move to a cool place and rest. Remove excess clothing and place cool cloths on skin. Give cool sports drinks containing salt and sugar. If no improvement or not able to take fluids, send to urgent/emergency care for IV fluid replacement.

Heat Stroke: Most severe form of heat illness, occurs when the body's heat-regulating system is overwhelmed by excessive heat. It is a life-threatening emergency and requires immediate medical attention.

Symptoms include:

- Warm, dry skin
- High fever, usually over 104°F
- Rapid heart rate
- Loss of appetite
- Nausea
- Vomiting
- Headache
- Fatigue
- Confusion
- Agitation
- Lethargy
- Stupor
- Seizures, coma, and death are possible

Treatment: Move to a cool place and rest. Call 911. Heat stroke is a life-threatening emergency. Remove excess clothing. Drench skin with cool water. Place ice bags in armpits and groin. Offer cool fluids if alert and able to swallow.