



## AYSO Region 58: **HEAT POLICY**

It is part of AYSO's mission to provide a fun, safe, and family friendly environment for kids to play soccer. We recognize that excessive heat conditions can pose a threat to the safety of children and volunteers in our program and that appropriate steps must be taken to reduce the risk of heat related injuries. We further recognize that temperature alone is not the sole factor in determining whether conditions are unsafe and that wind, humidity, and other factors make a difference.

**AYSO Region 58 has adopted the following heat policy...**

# 95°+

# WBGT\* 81+

If the temperature is expected to or does exceed 95 degrees or the WBGT\* shows a heat reading of 81 or higher

### **THE FOLLOWING HEAT ADJUSTMENTS SHALL BE MADE...**

#### **KEEP HYDRATED BE PREPARED**

Parents and volunteers will be cautioned to keep themselves and their children hydrated AND are recommended to bring sun shades, ice packs, iced towels, and extra water to the park with them for games.

#### **DON'T OVER EXERT PLAYERS**

Referees and coaches should liberally make allowances for heat, especially in the noncompetitive divisions (U5-U8) where we do not keep score. Do not push kids to play more when they are showing signs of heat exposure.

#### **REDUCE PRACTICE TIMES**

Coaches should reduce practice times to no more than an hour with at least four water breaks.

#### **SPECIAL GAMEDAY RULES**

Referees can impose the following:

- May shorten quarters
- Give additional water breaks
- Allow substitute players to leave the field area to find shade
- Allow players to substitute more frequently
- Take other appropriate measures to reduce heat exposure.

# 105°+

# WBGT\* 86.2+

If the temperature is expected to be or reaches over 105 degrees or the WBGT\* shows a heat reading of 86.2 or higher

### **ALL GAMES AND PRACTICES WILL BE CANCELLED**

If games are canceled, competitive matches already played that day will be deemed friendlies.

NOTE: The Regional Commissioner may deviate from this policy or adjust procedures as deemed appropriate in his or her sole discretion.

\*The Region will use a wet bulb globe thermometer (WBGT)\*\* to measure conditions, if available. Consistent with US Soccer Guidelines\*\*\*, if the WBGT shows a heat reading (not temperature) of over 81 we will impose mandatory heat restrictions. If the reading exceeds 86.2, we will cancel all games and practices. If the WBGT is not available for any reason, the Commissioner or other responsible volunteers will use their best judgment based on perceived conditions.

\*\* [https://en.wikipedia.org/wiki/Wet-bulb\\_globe\\_temperature](https://en.wikipedia.org/wiki/Wet-bulb_globe_temperature)

\*\*\* <http://www.ussoccer.com/~/-/media/files/federation-services/r2r-recognize-2-recover/us-soccer-heatguidelines-final.pdf?a=en>