



Outdoor Sports Hot Weather Guidelines

- Players should begin acclimating to the outdoors a minimum of 1 week prior to the start of practices for outdoor sports. This includes spending time outside and increasing outdoor physical activities.
- Make sure each player drinks 4 to 10 ounces of water 15 minutes prior to practice or competition.
- Make sure that each player brings some type of beverage containing electrolytes, which can be lost during extreme heat. They should replenish fluids every 15 minutes during practice or competition.
- It is recommended that each team bring extra ice water and possibly cool towels to help cool off participants.
- It is recommended that no shirts be worn under the player's jersey.
- The YMCA will be providing ice water for each field to replenish participant water bottles.
- We will be asking officials to communicate with each coach prior to the game to get consensus and establish awareness of the risk of heat-related injuries.
- Time modifications will be allowed with consensus from the coach and participants of each team.
- Any participant who is suspected of having a heat illness during a youth sport practice or game shall be removed from participation at that time. Such participant may not rejoin the practice or game until he or she is evaluated by an individual who is trained in the detection and care of heat illnesses. If the case appears severe, such participant may not rejoin the practice or game until he or she is evaluated by a licensed healthcare provider trained in the evaluation and management of heat-related illnesses and receives written approval from such provider.

**If the temperature is 105° F or higher, games and practices should be postponed or cancelled.
Temperature means either ambient (still air) or heat index.**

The Sports Director or Sports Coordinator will determine the official temperature, and make a decision on games. Decisions on game times will be made at least 30 minutes prior to your scheduled game time, when possible. Updates will be posted on QuickScores, as well as the Sports Information and Weather Hotline. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions / cancellations. We want to re-emphasize that we are here for the children and we want to try and ensure that they have the safest environment possible. Please contact your sports director with any other questions that you might have related to the above topic.



Outdoor Sports Cold Weather Guidelines

46° and higher - No Change / Games played as scheduled

45° and lower – Additional Clothing Beneath Uniform Suggested
(Long Sleeves / Long Pants / Additional Socks / Gloves/Stocking Caps)

40° and lower – Shorten Games
(6U & Below Soccer – Four, 6 minute Quarters, with a 1 minute Half Time)
(8U & Above Soccer – Two, 15 Minute Halves, with a 1 minute Half Time)
(Flag Football – Four, 6 minute Quarters, with a 1 minute Half Time)
(Tackle Football – No Changes)

35° and lower – Suspend Games
Temperature means either ambient (still air) or wind chill index.

The Sports Director or Sports Coordinator will determine the official temperature, and make a decision on games. Decisions on game times will be made at least 30 minutes prior to your scheduled game time, when possible. Updates will be posted on QuickScores, as well as the Sports Information and Weather Hotline. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions / cancellations. We want to re-emphasize that we are here for the children and we want to try and ensure that they have the safest environment possible. Please contact your sports director with any other questions that you might have related to the above topic.

Cold Weather Tips

- Safety and health of the players come first.
- Jackets may be worn, but the jersey must be on the outside
- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, due less running or moving.
- Referees and coaches should discuss weather and fields pre-game.