



The Athletic Department will track heat index via OSHA-NIOSH Heat Safety Tool App.

Heat Policy

- A heat index (Feels Like) of 100 degrees
 - Players will be required to take a water break every 20 minutes with 5 minutes of rest/water break time.
 - Athletes should be off their feet during the breaks and in shade.
 - Practice will not exceed 120 minutes.
- A heat index (Feels Like) of 105 degrees
 - Players will be required to take a water break every 15 minutes with 5 minutes of rest/water break time.
 - Athletes should be off their feet during the breaks and in shade.
 - Practice will not exceed 90 minutes.
 - Football players will not wear shoulder pads during these conditions.
- A heat index (Feels Like) of 110 degrees
 - Players will be required to take a water break every 10 minutes with 5 minutes of rest/water break time.
 - Athletes should be off their feet during the breaks and in shade.
 - Practice will not exceed 60 minutes.
 - No protective equipment may be worn during practice, and there may be no conditioning activities.
- A heat index (Feels Like) of 115 degrees
 - Players will be required to take a water break every 10 minutes with 5 minutes of rest/water break time.
 - Athletes should be off their feet during the breaks and in shade.
 - Practice will not exceed 45 minutes.
 - No protective equipment may be worn during practice, and there may be no jogging, running, sprinting, or conditioning activities.
 - Practice can only take place in the form of a walk through.
- A heat index (Feels Like) greater than 115 degrees practice will need to take place indoors.
- If any of the above conditions exist for a home game that takes place outside, the department will seek guidance from the CAA.

Shade, Hydration, & Cooling

- A heat index (Feels Like) of 100 degrees, outside practices will have the following safety measures in place:
 - Water with ice (for drinking)
 - Electrolytes
 - Shade
 - Cooling towels

Pre-exercise hydration

- Athlete should consume approximately 500 to 600 mL (17 to 20 fl oz) of water or a sports drink 2 to 3 hours before exercise and 200 to 300 mL (7 to 10 fl oz) of water or a sports drink 10 to 20 minutes before exercise (McDermott et al. 2017). It is recommended that athletes carry a water bottle or sports drink with them to consume throughout the day.

During Exercise Hydration

- Fluid replacement should approximate sweat and urine losses and at least maintain hydration at less than 2% body weight reduction (McDermott et al. 2017). This generally requires 200 to 300 ml (7 to 10 fl oz) every 10 to 20 minutes (McDermott et al. 2017).

Post-exercise hydration

- Post-exercise hydration should aim to correct any fluid loss accumulated during the practice or event, and should ideally occur within 2 hours of activity completion (McDermott et al. 2017) Rehydration should contain water to restore hydration status, carbohydrates to replenish glycogen stores and electrolytes to speed rehydration (McDermott et al. 2017)

Heat Acclimation

- We recommend that Coaches, Parents, and Athletes understand the Heat Acclimation standards created by the CAA
- <https://azcaa.com/about/members/resources/heat-acclimation/>

Cold Weather Policy

- Wind Chill Factor Under 45 degrees with rain
 - 30 minutes of exposure outside
 - Athletes must be dressed in warm clothes with extremities covered
- Wind Chill Factor Under 35 degrees (dry)
 - 30 minutes of exposure outside
 - Athletes must be dressed in warm clothes with extremities covered
- Wind Chill Factor Under 38 degrees with rain
 - Outdoor Practice Must Be Canceled
- Wind Chill Factor Under 32 degrees (dry)
 - Outdoor Practice Must Be Canceled
- If any of the above conditions exist for a home game that takes place outside, the department will seek guidance from the CAA.

Lightning Policy

- When thunder is heard or lightning is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately. Shelter must be taken place in a grounded building (has running water and electricity).
- 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
- Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.