

AAYSA Heat Safety & Weather Monitoring Policy

Weather Monitoring

AAYSA shall use the Wet Bulb Globe Temperature (WBGT) reference as the primary tool for determining whether outdoor athletic activities should be modified, postponed, or canceled. Commissioners and coaches shall check the WBGT prior to practice and monitor conditions throughout the activity. If WBGT readings are unavailable, the National Weather Service heat index may be used as a secondary reference.

Activity Modification Guidelines

WBGT (Class 3)	Approx. Air Temperature	Approx. Heat Index	Required Action
Below 82	Under 90°F	Under 95°F	Normal activities. Provide at least 3 separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0–86.9	90–94°F	95–100°F	Use discretion for intense or prolonged exercise; Provide at least 3 separate rest breaks each hour with a minimum duration of 4 min each. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
87.0–90.0	95–98°F	100–105°F	Maximum practice time is 2 hours; For Football: Players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to

			shorts. For All Sports: Provide at least 4 separate rest breaks each hour with a minimum duration of 4 min each. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
90.0–92.0	98–101°F	105–109°F	Maximum practice time is 1 hour. For Football: No protective equipment may be worn during practice, and there may be NO conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
92.1 and Above	100°F+	110°F+	No outdoor workouts. Delay practices until a cooler WBGT is reached.

Required Safety Measures

- Drinking water readily available.
- Ice and cooling supplies.
- Shade tents or shaded recovery area.
- Mandatory hydration breaks.
- Emergency communication available to contact 911.
- During periods of high heat, allow for hydration breaks of approximately 2–4 minutes every 10–15 minutes.

Coach Responsibilities

- Check the WBGT before every practice.
- Continue monitoring conditions throughout practice.
- Modify, shorten, delay, or cancel activities based on WBGT readings.
- Watch all athletes for signs of heat illness.
- Remove any athlete immediately if symptoms develop.

Athlete Safety

- No athlete shall be penalized for requesting water, taking a cooling break, or reporting symptoms of heat illness.
- Parents are strongly encouraged to ensure their child is adequately hydrated throughout the day prior to practice. Hydration should begin well before outdoor activity, and each athlete should arrive with a full, clearly labeled water bottle.
- Parents are encouraged to remove their child from participation if they believe conditions are unsafe.

Emergency Response

- Stop participation immediately.
- Move the athlete to shade or air conditioning.
- Begin rapid cooling with ice, cold towels, or cold-water immersion when available.
- Call 911 immediately if heat stroke is suspected.
- Notify the athlete's parent or guardian.

Authority

- The AAYSA President or designee has the authority to modify, delay, relocate, or cancel activities whenever weather conditions present an unreasonable risk to participant safety.
- Athlete safety shall always take precedence over practice schedules, games, or competitive considerations. Failure to comply with this policy will be considered a serious violation and may result in suspension or removal from the organization. Safety is a shared responsibility, and adherence to this policy is required at all times.