

Heat is a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps, and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop. Temperatures as low as 65 degrees, with a relative humidity of 100%, can be serious.

1. A heat index chart should be given to every coach and referee.

2. Games need to be adjusted as the heat index rises:

- Mandatory water breaks
- Go to quarters.
- Shorten the games

3. Provide training to coaches to teach the signs of heat exhaustion and heat stroke.

Club administrators and tournament officials are responsible for monitoring the heat index (by weather radio, online or the Weather Channel) and keeping the participating teams and game officials informed of the heat index. Coaches are encouraged to also monitor the conditions.

The following are recommended minimum guidelines when there is a possibility of dangerous high heat index:

FOR GAMES PLAYED ON DLK FIELDS ONLY

With a heat index between 80-89 degrees Fahrenheit any single coach can request a water break at the start of the game or at half time. This will consist of a 30 second break to get water without leaving the field of play.

It should be given close to the half way mark in the period, at a natural break on a goal kick, after a goal is scored or at a throw in near the center of the field.

It would not be appropriate to give this water break when the attacking team has the advantage such as: a corner kick, a free kick or a throw in, within the attacking half.

Heat Index	Recommended Guidelines
80 - 89	See above
90° - 99°	Mandatory 2-minute water breaks per half with running time. Each half shortened by 5 minutes.
100° - 105°	Mandatory 2-minute water breaks per half with running time. Each half shortened by 10 minutes.
105°	Suspend play.

Please check the [USA Today](#) web site for additional information in regards to how temperature and humidity combine to make it feel hotter.

Heat Index Chart
(Temperature and Relative Humidity)

Temp (°F)	Relative Humidity (%)								
	90.0	80.0	70.0	60.0	50.0	40.0	30.0	20.0	10.0
65:	65.6	64.7	63.8	62.8	61.9	60.9	60.0	59.1	58.1
70:	71.6	70.7	69.8	68.8	67.9	66.9	66.0	65.1	64.1
75:	79.7	76.7	75.8	74.8	73.9	72.9	72.0	71.1	70.1
80:	88.2	85.9	84.2	82.8	81.6	80.4	79.0	77.4	76.1
85:	101.4	97.0	93.3	90.3	87.7	85.5	83.5	81.6	79.6
90:	119.3	112.0	105.8	100.5	96.1	92.3	89.2	86.5	84.2
95:	141.8	131.1	121.7	113.6	106.7	100.9	96.1	92.2	89.2
100:	168.7	154.0	140.9	129.5	119.6	111.2	104.2	98.7	94.4
105:	200.0	180.7	163.4	148.1	134.7	123.2	113.6	105.8	100.0
110:	235.6	211.2	189.1	169.4	151.9	136.8	124.1	113.7	105.8
115:	275.3	245.4	218.0	193.3	171.3	152.1	135.8	122.3	111.9
120:	319.1	283.1	250.0	219.9	192.9	169.1	148.7	131.6	118.2