

## Policy 5.9.1 Extreme Heat Procedure

Extreme heat can impact players' health and safe play. Proper hydration and knowing when you need to drink are critical, to help prevent many injuries and illnesses, from muscle cramps to heat stroke.

U.S. Soccer's Recognize to Recover program gives players, parents, coaches and referees information and guidelines to make sure the desire to play does not cloud the decision-making process when it comes to evaluating environmental conditions to ensure the safety of those on the field.

SnVYSA uses US Soccer's Heat Guidelines outlined here: [Environmental Conditions — Recognize to Recover](#) which uses area, temps, and humidity to create an estimated WBGT (Wet Bulb Globe Temp). There are 3 regional categories on the WBGT map. **Snoqualmie Valley falls under Category 1.**

Below is the WBGT chart for our regional category. SnVYSA will follow these guidelines for managing practice hydration breaks, length of practices and intensity of practices.

### WBGT (Wet Bulb Globe Temp) Chart:

Alert Level	WBGT-Category 1	Event Conditions	Hydration Breaks	Length of Practice	Training Intensity
Black	> 86.2 degrees	Extreme	Cancel	Cancel	Cancel
Red	84.2-86.1 degrees	High Risk	4-4 minute breaks within the hour	1 hour max	Lessen conditioning- lower intensity
Orange	81.1-84.1 degrees	Moderate	4-4 minute breaks within hour or 10 minute break every 30 minutes	2 hour max	Lessen conditioning- lower intensity
Yellow	76.3-81 degrees	Less than Ideal	3-4 minute breaks per hour or 12 minute break every 40 minutes	2 hour max	Lessen conditioning- lower intensity
Green	< 76.1 degrees	Good	3-3minute breaks per hour or 10 minute break every 40 minutes	Back to normal scheduled practice time.	normal intensity

### Player responsibilities:

- Every player should apply sunscreen (30 spf or higher) 15 minutes prior to arriving to practice.
- Players should drink water before arriving to practice, so they come to practice hydrated and after practice to stay hydrated.
- Every player must have a water bottle with them at every practice and game so they can stay hydrated during practices and games.

**Coach responsibilities:**

- Follow guidelines when practicing in Heat and communicate to parents/players.
- Plan ahead and watch temperatures for the week. Try to move practice time later in the day if you can if temperatures are going to be above WBGT on your practice days.
- Provide additional water for your players when practicing at a time when the WBGT alert level is Yellow, Orange or Red.
- Remind every player to come to practice/games with water bottle and applied sunscreen.

**Heat Cancellations:**

SnVYSA will monitor the WBGT and will send out a recommendation to coaches on conducting practices by 3pm if WBGT alert level is in the BLACK or RED. SnVYSA will be looking at the current temperature in Fall City area using the weather channel app.

If alert level is in BLACK or RED at 3pm, practices that are planned between 4pm and 7pm may have to be cancelled or rescheduled for a later time in the day.