



MVP YOUTH FLAG FOOTBALL

HEAT STRESS PREVENTION POLICY

In order to ensure the safety of all children participating in MVP Youth Flag Football, the following system has been devised. The Board will cancel or modify practice in accordance with these guidelines. However, it may also cancel practices or games based at its discretion in the interest of safety or additional factors including air quality.

All parents will be notified via email should a practice or game be cancelled. Parents may also check the sports website at www.MVPFlagFootball.com or call the league office at (714) 794-2647 to inquire about an activity's status.

Staff and Volunteer Coach's Responsibility

All staff and volunteer coaches are responsible for the implementation of the guidelines below and using their best judgement in evaluating the safety of their participants. Coaches may impose stricter guidelines, such as requiring more frequent water breaks than what is listed. However, coaches may never reduce the amount of water breaks, length of time, etc. to levels that are below what listed in the chart below. Coaches should always err on the side of caution.

Coaches are also responsible for monitoring their athletes for any signs of heat-related illness. These may include:

Heat Exhaustion	Heat Stroke
	
What To Do <ol style="list-style-type: none">1. Move to a cooler location.2. Lie down and loosen your clothing.3. Apply cool, wet cloths to as much of your body as possible.4. Sip water.5. If you have vomited and it continues, seek medical attention immediately.	What To Do <ol style="list-style-type: none">1. CALL 911 IMMEDIATELY2. Move the person to a cooler environment.3. Reduce the person's body temperature with cool cloths or even a bath.4. Do NOT give fluids.

Parent's Responsibility

Each parent is responsible for determining if his or her child should participate in any sporting activity based on current conditions. The MVP Board, Staff and all coaches support parents' decisions to withhold a child from any practice or game if they do not believe it to be in the child's best interest to attend due to weather conditions.



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Questions

Should you have any questions in regards to this policy, please do not hesitate to contact the Sports Program Coordinator at (562) 948-1986.

How are Action Levels Determined?

Our level of action to prevent heat-related illness is determined by Wet Bulb Global Temperature (WBGT). This is a measurement that considers temperature and humidity. Use the chart below to calculate the WBGT for any given temperature/humidity combination.

Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																																		
		Temperature in Degrees Fahrenheit																																
Relative Humidity (%)		68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0		
	0	59.0	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	89.6
	5	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	69.8	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	78.8	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0
	10	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	
	15	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	78.8	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	91.4	93.2	95.0	96.8	98.6	100.4	102.2		
	20	62.6	64.4	64.4	66.2	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2				
	25	64.4	64.4	66.2	68.0	68.0	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2							
	30	64.4	66.2	68.0	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4									
	35	64.4	66.2	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2										
	40	66.2	68.0	69.8	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2											
	45	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	89.6	91.4	93.2	95.0	96.8	98.6	100.4														
	50	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	98.6	102.2														
	55	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	93.2	95.0	96.8	98.6	100.4															
	60	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	100.4																
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75	71.6	73.4	75.2	77.0	78.8	80.6	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	102.2																			
80	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	89.6	91.4	93.2	96.8	98.6	100.4																				
85	73.4	75.2	77.0	78.8	82.4	84.2	86.0	87.8	89.6	93.2	95.0	98.6	100.4	102.2																				
90	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	98.6	102.2																					
95	75.2	77.0	78.8	80.6	84.2	86.0	87.8	91.4	93.2	95.0	98.6	100.4																						
100	75.2	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	100.4	102.2																						
NOTE: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind. Table adapted from Bureau of Meteorology																																		

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Once you have calculated the WBGT, use the chart on the following page to determine the appropriate action level and review what mandatory steps need to be taken in order to ensure athlete safety.

BLACK FLAG	EXTREME CONDITIONS WBGT >86.2	No outdoor training. Practices and games Cancelled. ALL ACTIVITIES CANCELLED ANYTIME IT IS >99 DEGREES
RED FLAG	HIGH RISK FOR HEAT ILLNESS WBGT 81.1-84.1	5 minute break required every 15 minutes No conditioning permitted.
ORANGE FLAG	MODERATE RISK FOR HEAT ILLNESS WBGT 81.1-84.1	10 minute break required every 30 minutes Limited conditioning permitted.
YELLOW FLAG	LESS THAN IDEAL CONDITIONS WBGT 76.3 - 81.1	10 minute break required every 40 minutes
GREEN FLAG	GOOD CONDITIONS WBGT < 76.3	Normal Practice Conditions. At least (2) 5 minute breaks during practice.

**The information in this policy was adapted from guidelines developed by U.S. Soccer's Sports Medicine Department in collaboration with the Korey Stringer Institute.*