

RFL Heat Guidelines

Rockville Football League Heat Guidelines for Outdoor Athletics

Our heat policy is designed to protect athletes from having heat related illnesses or problems. This is a guide for coaches to use and refer to when making decisions or modifying and/or suspending athletic practices. At 5:00 p.m. each day in August and continuing into the warmer days in September, coaches will determine the heat index. The heat index combines air temperature and relative humidity to determine an apparent temperature - how hot it actually feels. Coaches will then make a decision using the guide below on whether to make modifications for all football practices to be held that evening. Coaches will then make the necessary modifications and notify the players and parents.

GUIDELINES FOR PRACTICE/MODIFICATIONS

1. If the heat index is 80-89, athletes should be watched closely for any heat distress and frequent water breaks should be taken.
2. If the heat index is 90-94, 10 minute rest breaks should be taken every hour, water breaks every 10 minutes, and athletes should be under careful supervision from coaches. Practice time must be kept to 100 minutes or less.
3. If the heat index is 95-99, practices should be modified such as practice in shorts, shoulder pads and helmets only. Frequent water every 10 minutes and rest breaks must be held, athletes should be able to get water at any time, and athletes should be under extreme supervision from coaches. Practice time must be kept to 90 minutes or less.
4. If the heat index is 100-104, further modifications must be made, such as practice in shorts, T-shirts and helmets only. Water breaks should be taken every 10 minutes and athletes should be allowed to get water at any time, frequent rest breaks must be taken and athletes should be monitored at all times for heat distress. Practice time must be kept to 90 minutes or less.
5. If the heat index is 105 or greater, then practice will be suspended or held indoors at the coach's discretion. Practice could also be rescheduled or postponed, when the heat index has reached an acceptable level.

It is the responsibility of all coaches in the RFL to provide ample supplies of water and appropriate care to our athletes. It is recommended that all guidelines be followed in such a way that the best interests of our students be made our number one priority. It is also recommended that coaches constantly teach our students about proper hydration throughout each day. It is important that athletes carry water with them during the day and hydrate themselves, on days of practice and games, while the weather has the possibility of reaching critical levels in relation to the heat and humidity.

To Check the Heat Index: Go to any weather site such as Accu Weather or USA Today Weather and look for Heat Index or Feels Like.