

FAIRFIELD YOUTH FOOTBALL ASSOCIATION (FYAA)

Heat Guidelines

In effort to protect the health and safety of our participants, the FYAA Board has issued a recommended procedure for the determination of the Heat Index (a combination of Temperature and Relative Humidity) and guidelines for football activities based on the reading of the Heat Index. The Heat Index reading will determine the need for any necessary modifications for football activities. The FYAA Board will make a decision using guidelines below whether to make changes to any activities held that day. Coaches then will make the necessary modifications.

Under 95 degrees Heat Index:

- Plenty of water provided at all times. Participants should have unlimited access to water.
- Optional 10 minute rest and fluid break every 30 minutes.
- Monitor participants closely for any heat distress.

95 – 99 degrees Heat Index:

- Plenty of water provided at all times. Participants should have unlimited access to water.
- Mandatory water breaks every 30 minutes for 10 minutes in duration.
- Monitor participants closely for any heat distress.
- Helmets and other equipment removed while not involved in contact.
- Re-Check Heat Index every 30 minutes to monitor for increase.

100 – 104 degrees Heat Index:

- Plenty of water provided at all times. Participants should have unlimited access to water.
- Mandatory water breaks every 30 minutes for 10 minutes in duration.
- Monitor participants closely for any heat distress.
- Shorts and Shirts and helmets only.
- Re-Check Heat Index every 30 minutes to monitor for increase.

105 – plus degrees Heat Index:

- Football activities cancelled.