

# North Ridgeville Parks and Recreation Department

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## Model Guidelines For Managing Heat & Humidity

### *If the Heat Index is 95 degrees to 99 degrees:*

#### All Sports:

- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes in duration.
- Ice-down towels for cooling.
- Watch / Monitor athletes carefully for necessary action.
- Reduce time of outside activity. Consider postponing practice/game to later in the day.

#### Contact sports and activities with additional equipment:

- Helmets and other possible equipment removed while not involved in contact

### *If the Heat Index is above 99 degrees to 104 degrees:*

#### All Sports:

- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes in duration.
- Ice-down towels for cooling.
- Watch / Monitor athletes carefully for necessary action.
- Alter uniform by removing items if possible.
- Allow for changes to dry t-shirts and shorts.
- Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
- Postpone practice/game to later in the day.

#### Contact sports and activities with additional equipment:

- Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

### *If the Heat Index is above 104 degrees:*

#### All Sports:

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

**Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.**

*As Always, Parents Always Have The Final Say On Whether Your Athlete Participates In Practices or Games. If You Feel It Is Unsafe Outside The Guidelines Of The Department, You Are Permitted To Withhold Your Athlete With No Consequence. North Ridgeville Parks and Recreation Only Asks That You Please Notify Your Coaches Of Your Withholding From Practice or Games.*