



# HEAT SAFETY GUIDELINES

## General Guidelines and Recommendations:

1. It is recommended that each athlete completes a medical history exam and physical each year.
2. Gradual acclimatization to heat/humid conditions is a must. It is recommended that each athlete should gradually increase exposure to hot and/or humid environmental conditions over a period of 7 to 10 days.
3. Hydration guidelines should be followed prior to, during and after practices as well as games and scrimmages.
4. During hot conditions, water and fluids should be readily available throughout practice instead of specific water breaks. (Behind huddles, on the field, etc.)
5. To identify heat stress conditions, regular temperature measurements for Frisco will be monitored between 2:00 and 4:00 p.m. each day using [www.weather.com](http://www.weather.com)

## SPECIFIC HEAT GUIDELINES

**LEVEL I - 100 + degrees:** The FFL recommends practices should be limited to 1 hour. Conditioning drills at the end of practice should be eliminated. Water should be readily available throughout practice with breaks every 10 minutes

**LEVEL II - 105 + degrees:** The FFL recommends practices should be limited to 1 hour. Shorts and t-shirts only. Conditioning drills at the end of practice should be eliminated. Water should be readily available throughout practice with breaks every 10 minutes.

**LEVEL III - 110 + degrees: NO PRACTICE!**

*During the season, if game day conditions reach any of the above levels, games may be rescheduled to evening start times to avoid dangerous heat stress conditions.*