

Byron Youth Soccer Association



Hot Weather Guidelines

Heat is a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop.

Temperatures as low as 65 degrees, with a relative humidity of 100%, can be serious.

Board members, managers, and coaches are responsible for monitoring the heat index and keeping the participating players and game officials informed of the heat index.

Games and Practices

- May need to be adjusted as the heat index rises
- Mandatory water breaks should be implemented
- For games, shorten the periods or go to quarters

Heat Index Recommendations

Up to 89°	Normal Play
90° - 99°	Mandatory two-minute water breaks per half with running time. Each half shortened by five minutes.
100° - 105°	Mandatory two-minute water breaks per half with running time. Each half shortened by ten minutes.
105°+	Suspend Play