

Vandalia Parks and Recreation Heat Policy Guidelines:

Under 95 degrees Heat Index

- 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
- Watch/monitor athletes carefully for necessary action.

95 degrees to 99 degrees Heat Index

- 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
- Watch/monitor athletes carefully for necessary action.
- Reduce time of outside activity. Consider postponing practice to later in the day.

100 degrees to 104 degrees Heat Index

- 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
- 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 to later in day.

Above 104 degrees Heat Index

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