

# Victor Soccer Club Heat Index Policy

Heat index (feels like temperature) will be checked at 3:00 PM weekdays and 11:00 AM weekends the day of the game/practice by the VSC Board, DOC, or program director when the air temperature is 80 degrees (Fahrenheit) or higher.

The VSC Board, DOC, or program director will use the weather.com website to determine the heatindex for the area of the game/practice.

Please refer to the following chart to take the appropriate actions:	
Heat Index under 79 degrees	Full activity. No restrictions
Heat Index Caution: Heat Index 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session
Heat Index Watch: Heat Index 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when “feels like” temperature is lower. Consider reducing the amount of time for the practice session.
Heat Index Warning: Heat Index 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when “feels like” temperature is much lower. Consider reducing the amount of time for the practice session.
Heat Index Alert: Heat Index 96 degrees or greater	No outside activity, practice should not be held. Inside activity should only be held if air conditioned.
RDYSL Rule 441 Section 3 – “Heat”	Coaches and referees are expected to use common sense in the event of high heat and/or humidity. Player safety must be the prime consideration. In the event of high heat (over 90°F) and/or humidity, the referee should allow a water break approximately halfway through each half of the game. Consent of the coaches is not required. The referee will pick the appropriate time for the stoppage. The maximum duration of the break will be 3 minutes. The 3 minute break time will be added to the end of each half. Players may leave the field to get their water. Unlimited substitutions are allowed at this time. The coaches and referee may mutually agree to shorten the halves of the game

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## The Heat Index Chart

The Heat Index is a function of temperature and relative humidity. The combination of the two results in an apparent temperature which gives an idea of what it would feel like under normal-to-low humidity conditions.

The heat index also applies to shady, light wind conditions, so it feels even hotter than the heat index if a person is in direct sun. In the midst of a hot, dry, wind a person would also feel hotter than the heat index value due to the wind effects.

Excessive and dangerous heat indices occur mostly during the summer months with the abundance of moisture and increased heat.

## HEAT INDEX

