



## *2023 Calaveras Youth Soccer League Heat Risk Management*

The Calaveras Youth Soccer League has adopted a set of safety guidelines that should be followed and understood by all coaches. As a coach, our job is to ensure the safety and well-being of the team under our care. These guidelines are only a fraction of the information available.

### **TEMPERATURES BETWEEN 90 AND 99:**

- Recommended water breaks every 20-30 minutes (more often for U6 and U8).
  - The higher the heat, the more frequent the water breaks.
  - Water breaks are not optional. All players need to get water during these times.
- Recommended rest in the shade, fans, water, etc. for cooling.
- Watch and monitor players for heat distress.

### **TEMPERATURES BETWEEN 100 AND 103:**

- Recommended water breaks every 15-20 minutes (more often for U6 and U8).
  - The higher the heat, the more frequent the water breaks.
  - Water breaks are not optional. All players need to get water during these times.
  - Players should be encouraged to drink as much water as they desire.
  - Rest in the shade.
- Recommended fans, water, etc. for cooling.
- Practice in shade, if possible.
- Watch and monitor players for heat distress.
- Monitor heat in case of a rise in temperature.
- U6 practices should be cancelled or postponed.
- U8 and above should consider a cancellation or postponement, OR modify practice.

### **TEMPERATURES 104 AND ABOVE:**

- Practices should be cancelled or postponed until the temperature drops to one of the levels above.

**CYSL has the discretion to cancel practices for all within the league due to high temperatures. Any coaches found to not be following this mandate could face disciplinary action.**