

FALL 2026/SPRING 2027

## Coaches, Parents, and Players,

GSSA follows the heat guidelines promulgated by US Soccer. Our fields are equipped with wet bulb globe thermometers for accurate WBGT readings. The WBGT forecast will be provided to coaches on practice days at 4:00pm for guidance on planning, limiting or rescheduling practice on very hot days.

The below chart contains minimum guidelines for conducting practice. Coaches may take more precaution, but not less.

| WBGT       | CONDITIONS                             | PRACTICE GUIDANCE                                                                                                      |
|------------|----------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| >92.0°     | Extreme Conditions                     | No Outdoor Training, delay training until cooler, or Cancel Training.                                                  |
| 90.1-91.9° | High Risk for Heat Related Illness     | Maximum of 1 hour of training with 4 by 4 minute breaks within the hour. No additional conditioning allowed.           |
| 87.1-90.0° | Moderate Risk for Heat Related Illness | Maximum of 2 hours of training with 4 by 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training. |
| 82.2-87.0° | Less than Ideal Conditions             | 3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training                                |
| <82.1°     | Good Conditions                        | Normal Activities. 3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes             |

## OTHER TIPS FOR HOT WEATHER

### COOL DOWN

|                |           |
|----------------|-----------|
| Ice Water      | Shade     |
| Cooling Towels | Rest      |
| Ice Chests     | Fans      |
| Light clothing | Sunscreen |

### HYDRATE

- 12-18oz after school
- Regularly during and after practice
- Gatorade/electrolytes

### CHECK FOR SYMPTOMS

|          |           |
|----------|-----------|
| Weakness | Slurring  |
| Fatigue  | Confusion |
| Headache | Chills    |
| Nausea   | Dizziness |