



EXTREME HEAT POLICY

Alamo Area Youth Soccer Association follows U.S. Soccer's Recognize to Recover heat guidelines and expect the clubs to adjust or cancel sessions based on temperature, humidity and heat index.

ALERT	WBGT BY REGION CAT 3	EVENT CONDITIONS	RECOMMENDATIONS
BLACK	>92	Extreme Conditions	No Outdoor Training, delay training until cooler, or Cancel Training.
RED	90.1 - 91.9	High Risk for Heat Related Illness	Maximum of 1 hour training with 4 separate 4 minute breaks within the hour. No additional conditioning allowed.
ORANGE	87.1 - 90.0	Moderate Risk for Heat Related Illness	Maximum 2 hour training time with 4 separate 4 minute breaks each hour, or a 10 minute break after 30 minutes of continuous training.
YELLOW	82.2 - 87.0	Less than Ideal Conditions	Use discretion, provide 3 separate 4 minute breaks each hour, or a 12 minute break every 40 minutes of continuous training.
GREEN	< 82.1	Good Conditions	Normal Activity, provide 3 separate 3 minute breaks each hour of training, or a 10 minute break every 40 minutes.

Stay alert. Stay safe. Your preparedness saves lives.