

A primary objective of Amity Township Athletic Club, Inc. is to provide a safe environment for our area youth to participate in athletic activities. The following HEAT GUIDELINES have been developed for immediate use during all outside practice sessions. At all times coaches are required to monitor the players for heat distress. Those signs may include: excessive thirst, irritability, decreased performance, fatigue, weakness, nausea, headache, muscle cramping, light headedness or dizziness, difficulty paying attention or focus. If any of the symptoms are seen: player must be removed to a cool shaded area immediately and provide fluids. (water or sports drink). It is imperative every player brings fluids with them to all practices. At no time will a coach or parent demand a player continue with activity when they feel they are too hot or too cold to continue.

#### Activity Restrictions for Outdoor Activity

Temperature: less than 78 degrees, no restriction

78 - 82 degrees: pay special attention to at risk activities

82 - 89 degrees: limit intense exercise to 1 hour, total outdoor exercise limited to 1.5 hours.  
Water breaks must be provided every 15 minutes.

90 - 95 degrees: limit all outdoor activity to 1 hour. Water breaks every 15 minutes.

95 and above: no outdoor activity permitted.

#### Swim Team Restrictions:

Practice is cancelled:

Water temperature falls below 65 degrees

Air temperature below 70 degrees on an overcast day with no thunder or below 65 degrees if sunny.

#### Thunder/Lightning Policy

All activity is to stop immediate when thunder is heard for a period of 30 minutes. All fields and pool are to be cleared of all participants. If no thunder is heard for 30 minutes, activity may resume. For each occurrence, time starts over.

Lightning: area is cleared immediately and evacuation to shelter is mandatory for a period of 30 minutes after each lightning occurrence.