



## **Extreme Heat Policy**

### **Degree of Discomfort and Overheating during exercise**

<b>Humidex Value</b>	<b>Discomfort at Rest</b>	<b>Risk of Overheating During Exercise</b>
Below 24°C	None	Low to Moderate
25°C - 29°C	None	Moderate
30°C - 34°C	Some	High – Children should be monitored closely.
35°C - 37°C	Great	Very High – Exercise is not advised for children.
38°C - 40°C +	Risk of Overheating at Rest	Extreme – All Activity Cancelled

- If Humidex Value is above 30°C:
  - Tell athletes to bring extra water, sport drinks, and extra snacks. Coaches/Officials should give extra cooling breaks in their training sessions/matches.
  - Athletes should wear loose fitting, lightweight and breathable clothing during extreme heat.
  - Coaches should plan for Low-intensity activities (Adjust work-to-rest ratios & provide extra water breaks).
  - Training and matches should be scheduled at times when the heat exposure is at its lowest (i.e., Early Morning, Late evening).
  - Consider indoor training in a facility with an adequate air conditioning system.
  - Consider alternatives to exercise such as Webinar sessions or interactive Zoom meetings.