

Youth Lacrosse Minnesota Heat Guidelines

Summer lacrosse brings the requirement to be aware of the impact the weather indicator Heat Index has on the safety of our players. The Heat Index is a combination of temperature and humidity. The YLM endorses the guidelines below for determining what should be done when the Heat Index reaches certain levels. This document is also available on the YLM website, youthlaxmn.org.

The NOAA website (www.weather.gov) will provide the current Heat Index by city or zip code. This will not provide the exact Heat Index at your site and factors like the type of field (grass or artificial turf) can significantly impact player safety in high Heat Index conditions.

Coaches, officials, and administrators are encouraged to err on the side of caution. All those involved in administering the game including coaches from both teams, officials and site administrators should discuss precautions before the game and, if needed, again at halftime. When mandatory water breaks are needed, the timer should be directed to stop play and sound the horn approximately halfway through each quarter. Teams must be prepared in for high Heat Index conditions and bring coolers filled with water and towels and/or watermelon and oranges as well as ample water. Having an adequate supply of water for all players is an absolute requirement in order to play in high Heat Index conditions. In addition, players and their parents should be reminded that players need to consume addition water throughout the day before and after the game. **If sufficient water is not available, the game should not be played.**

Heat Index	Clock Impact	Precaution
Up to 89°	No game changes recommended.	Observe players for signs of heat reactions. Coaches should substitute more frequently and observe players on the sideline. Players should be encouraged to remove helmets and drink extra water.
90° - 99°	Mandatory one-minute water breaks per quarter. Each quarter should be shortened by one minute. Game clock and any penalty clocks should be stopped during water breaks. Officials should remind teams there should be no coaching during water breaks.	Players should remove helmets during water breaks. In addition players should pour water on their heads and/or apply cold, wet towels to their necks in addition to drinking plenty of water.

Heat Index	Clock Impact	Precaution
100° - 105°	Mandatory two-minute water breaks per quarter. Each quarter should be shortened by two minutes. Game clock and any penalty clocks should be stopped during water breaks. Officials should remind teams there should be no coaching during water breaks.	Players should remove helmets during water breaks. In addition players should pour water on their heads and/or apply cold, wet towels to their necks in addition to drinking plenty of water. In addition, players and their parents should be reminded that players need to consume additional water after the game.
105°+	Suspend play, notify YLM	

While each association is responsible for ensuring that a game can be played safely. If the weather forecast indicates the potential for very high Heat Indices, the YLM Executive Committee may call for the cancellation of all scheduled games and practices. Such decisions will be communicated through the YLM website.