

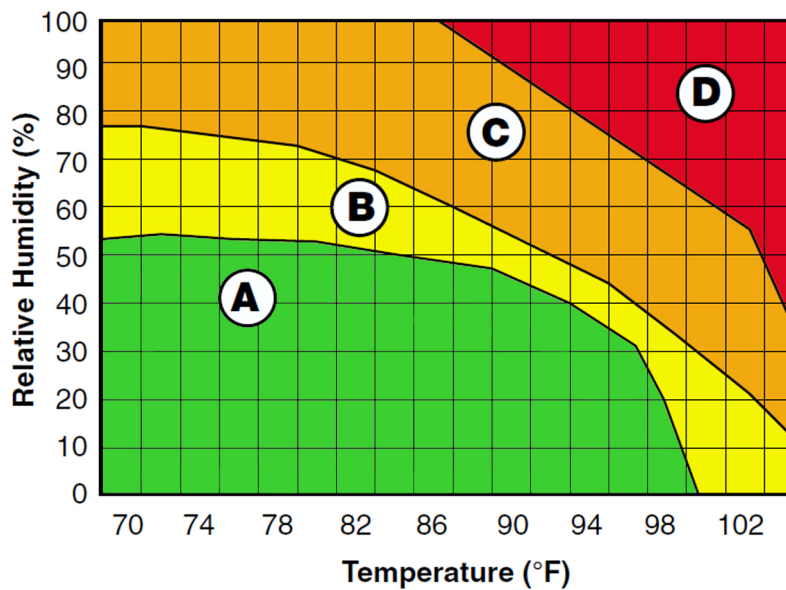


Alamance Parks Heat Policy for Youth Athletics

In order to minimize the risk to young athletes participating in the Alamance County Recreation and Parks Department’s youth athletic leagues, the following policy has been adopted by the department effective July 16, 2019. This policy will only apply to the leagues for children administered by the Alamance County Recreation and Parks Department, including games and practices.

Activity Guidelines

Fluid breaks should be scheduled for all practices and become more frequent as the heat and humidity levels rise.



Level	Guidelines
Level A – Green	Children should receive a 5-10 minute rest and fluid break after every 25 to 30 minutes of activity.
Level B – Yellow	Children should receive a 5-10 minute rest and fluid break after every 20 to 25 minutes of activity. Children should wear appropriate attire. Protective equipment is allowed.

Level C – Orange	Children should receive a 5-10 minute rest and fluid break after every 15 to 20 minutes of activity. Children should wear appropriate attire and no protective equipment including football helmets.
Level D – Red	Cancel or postpone all outdoor practices/games. Practice may be held in an air-conditioned space.

**These recommendations were adapted from the National Athletic Trainer’s Association Parents’ and Coaches’ Guide to Dehydration and Other Heat Illnesses in Children. Full document is available at: <https://www.nata.org/sites/default/files/Heat-Illness-Parent-Coach-Guide.pdf>*

Season Information

In addition to these temperature/procedure benchmarks, the Alamance County Recreation and Parks Department will allow practices for youth football to begin as of the first Monday in August. The first week of practices will be for conditioning only. Teams will continue to be limited to no more than three 2-hour practices per week pre-season. The playing season begins in September. Teams will continue to be limited to no more than (2) two-hour practices per week during the playing season, unless the team has no game that week, in which they will be limited to (3) two-hour practices.

Notification

The Athletic staff of the Alamance County Recreation and Parks Department will make a determination of the existing conditions using the weather data provided at www.weather.com under the Zip Code 27253. The ACRPD Athletic staff will determine what if any hazardous weather policy implementations apply by 5:00 pm of the weekday of practices/games. Saturday game/practice determination will be made by ACRPD Athletic staff by 8:30 am. If conditions exist that fall into Level D - Red of the listed benchmarks, ACRPD Athletic staff will contact the Municipal Athletic Directors and the Club/Association representatives at that time to inform them of limitations on practices/games. The ACRPD Athletic staff will also notify coaches via www.RainedOut.com and Alamance Parks Leisure Line (336-513-5563) of whatever actions are required by the ACRPD. In order to effectively evaluate who should be contacted, all Municipal Athletic Directors and Club/Association representatives will provide the ACRPD Athletic staff with updated practice schedules for their respective teams.

Violations

If a Municipal and/or Club Association team disregards the alert from the ACRPD Athletic staff and is found to be in violation of this policy, or if the Municipality or Club/Association fails to keep the ACRPD Athletic staff provided with current practice schedule information leading to a team practicing in adverse conditions, the penalty will result in the Head Coach for the team being disqualified from coaching ACRPD teams for a period of up to one year period.