



Heat Guidelines

Extreme heat can impact a player's health and safety. Staying hydrated and knowing when to drink is key to preventing injuries and heat-related illnesses such as muscle cramps, heat exhaustion, or heat stroke.

Resources to Help Ensure Safe Play in Extreme Heat

- **WBGT Monitor** – On-field device or app is the "gold standard" for providing approximate WBGT readings for heat-safety guidelines.
- **Hydration** – Water bottles, coolers, hoses, and regular water breaks
- **National Weather Service** – www.weather.gov for forecasts and alerts
- **WBGT Phone App** – *Heat Safety App* by Qvyshift LLC (available in App Store and Google Play)
- **Cooling Equipment** – Ice, ice immersion tubs, or kiddie pools
- **Shade** – Tents, canopies, or other artificial shade sources if natural shade is unavailable

Heat-Related Illness

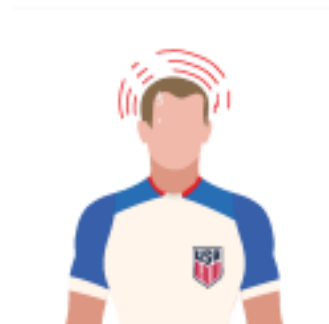
The most common include:

- **Heat Cramps**
- **Heat Exhaustion**
- **Exertional Heat Stroke (EHS)** – a life-threatening emergency

These conditions can be brought on or worsened by physical activity in high heat. Recognize and act quickly if a player shows:

Early Warning Signs:

- Weakness or fatigue
- Headache
- Nausea or dizziness
- Confusion, irritability, or aggressive behavior



- Slurred speech
- Hallucinations
- Loss of balance or stumbling
- Throbbing headache
- Body temperature above **104°F**
- Complaints of chills while skin feels warm
- Loss of balance, falling down
- Throbbing headache
- Body temperature above 104 degrees Fahrenheit
- Complaining of chills, while skin may be warm to the touch

Immediate Action: Stop play, move the player to shade, begin cooling (ice, cold water immersion, wet towels), and seek medical attention if symptoms are severe or worsen.

MANAGEMENT

Heat Illness (Heat Exhaustion, Heat Cramps)

- Remove from training and source of heat
- Cool in a shaded area using ice towels
- Provide access to fluids/electrolytes and encourage rehydration

Exertional Heat Stroke

- Is a medical emergency
- Immediately call EMS (911) and prepare hospital for heat related emergency • Athlete may have confusion or altered mental status and a rectal temperature >104°F • Remove excess clothing/equipment and immediately begin cooling the athlete by placing them in an ice-water-tub
- If no tub is present, rotate cold wet ice towels (every 2-3 minutes over the entire surface of the body or as much as possible)

The three-step Heat Guidelines include methods for evaluating danger levels and appropriate responses to those various levels.

STEP 1 FIND THE WET BULB GLOBE TEMPERATURE (WBGT)

Measure the temperature and humidity at your site. Find the estimated WBGT corresponding below.

WET BULB GLOBE TEMPERATURE (WBGT) FROM TEMPERATURE AND RELATIVE HUMIDITY

RELATIVE HUMIDITY (%)	TEMPERATURE IN DEGREES FAHRENHEIT																											
	70.0																											
	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
0	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
5	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
10	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
15	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
20	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
25	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
30	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
35	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
40	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
45	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
50	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
55	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
60	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
65	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
70	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
75	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
80	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
85	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
90	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
95	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
100	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0

NOTE: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind. Table adopted from Bureau of Meteorology.

STEP 2 FIND YOUR REGIONAL CATEGORY

Determine which region category you are in based on the map.



CATEGORY 1
CATEGORY 2
CATEGORY 3

TRAINING & MATCH PLAY LIMITS**CANCELLATION OF TRAINING**

Depending on your region category, recommend cancellation of training or delay until cooler when WBGT for

Cat 1 >86.2°F

Cat 2 >89.9°F

Cat 3 >92.0°F

MATCH PLAY HYDRATION BREAKS: WBGT OF 89.6°F

Provide hydration breaks of 4 minutes for each 30 minutes of continuous play (i.e., minute 30 and 75 of 90 minute match)

STEP 3 FIND YOUR ALERT LEVEL AND WORK TO REST RECOMMENDATIONS

Based on your WBGT and Regional Category determine your Alert Level and Work to Rest Recommendations using the table below.

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
BLACK	>86.2°	>89.8°	>92.0°	Extreme Conditions	No Outdoor Training, delay training until cooler, or Cancel Training.
RED	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with 4 by 4 minute breaks within the hour. No additional conditioning allowed.
ORANGE	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with 4 by 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training.
YELLOW	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training
GREEN	<76.1°	<79.8°	<82.1°	Good Conditions	Normal Activities, 3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes

It is recommended to include scheduled hydration breaks when the WBGT reaches 89.6°F. Provide hydration breaks of four minutes for each 30 minutes of continuous play. In a regulation 90-minute match, this would schedule the hydration break at minute 30 and 75.

Provide adequate communication of environmental conditions, cooling methods and other resources to players and staff. This includes ensuring unlimited access to water and other fluids, making sure players and coaches are aware of planned breaks for hydration and the duration and time of training.

EXCESSIVE HEAT IMPACT ON PLAY

Arizona-Specific WBGT Thresholds (Region 3 – South)

Guidelines

WBGT (°F)

< 82°F Normal play. Standard water breaks every 20 minutes.

82.1–86.9 Extra water breaks every 15–20 minutes. Monitor athletes for heat illness.

87–89.9 Shorten practice/game duration. Mandatory water breaks every 10–15 minutes. Provide shade when possible.

90–92 Maximum 1-hour sessions, no intense conditioning. Water breaks every 10 minutes.

> 92 **No outdoor activities.** Postpone or move indoors.

Once an alert level is determined, follow these “Work to Rest” ratios to modify training to help ensure safe play:

- Alert Level **Black** – No outdoor training, delay training until cooler or cancel.
- Alert Level **Red** – Maximum of one hour of training with four separate 4 minute breaks within the hour. No additional conditioning allowed.
- Alert Level **Orange** – Maximum two hours of training time with four separate 4 minute breaks each hour, or a 10 minute break after 30 minutes of continuous training
- Alert Level **Yellow** – Use discretion, provide three separate 4 minute breaks each hour, or a 12 minute break every 40 minutes of continuous training
- Alert Level **Green** – Normal Activities, provide three separate 3 minute breaks each hour of training, or a 10 minute break every 40 minutes.

For more information you can visit:

[Environmental Conditions — Recognize to Recover](#)

Lightning & Severe Weather Guidelines

Lightning is a leading cause of sudden death in sports. Given soccer's outdoor nature, it's crucial to respond swiftly and safely when lightning or severe weather threatens play. Coaches,

officials, athletic trainers, and administrators share the responsibility to suspend or cancel activities during such conditions. They should also be familiar with nearby safe shelters and know when it's safe to resume play after severe weather subsides.

ASA Lightning Policy

- If lightning is detected within 10 miles, all activity must pause and fields cleared immediately.
- Activity may resume only after 30 minutes have passed without a strike within the 10-mile radius.
- Restart the 30-minute clock every time lightning flashes or thunder sounds.
- This rule applies to practices and games alike.
- Violations may lead to disciplinary action, including review of ASA-provided certificates of insurance for field use.
- Consistent enforcement ensures the safety of players, coaches, officials, and spectators.

RECOVER (If Someone is Struck by Lightning)

1. Call 911 and alert emergency medical responders (EMS).
2. Ensure the area is safe before helping the victim. Assist those in most severe condition first if multiple victims exist.
3. Move the individual(s) carefully to a safe location. Lightning strike victims are safe to touch.
4. Initiate CPR if the victim is unconscious, not breathing, or has no pulse. Use an AED if available.
5. Evaluate for additional injuries (broken bones, dislocations) and notify EMS.
6. Do not allow return to play until cleared by a qualified physician.

RECOGNIZE

Suspend all outdoor activity during thunderstorms, even if lightning or thunder has not been observed.

Monitor alerts from the National Weather Service, Storm Prediction Center, or local media. Mobile alerts can help during field activities.

Safe Locations:

- Primary: fully enclosed building with wiring and plumbing
- Secondary: fully enclosed vehicle with solid metal roof (e.g., school bus)

- Unsafe: open fields or open-sided shelters

If no safe shelter is nearby, stop play early to allow everyone to reach safety.

Warning signs of a lightning strike:

- Feeling the hair stand on end
- Skin tingling
- Hearing crackling noises

If these occur, assume the lightning safe position:

- Crouch on the ground as low as you can
- Put all your weight on the balls of your feet
- Keep your feet together
- Lower head and cover your ears
- *Do not* lie flat on the ground

For more information you can visit:

[Environmental Conditions — Recognize to Recover](#)