



## Glynn County Recreation and Parks Department Hydration and Heat-Related Guidelines

The following guidelines represent Glynn County Recreation and Parks Department (GCRPD) Hydration and Heat Related Guidelines. These guidelines model Georgia Recreation and Park Association guidelines and are intended to protect the health and well-being of program participants.

### Heat Guidelines:

- ❑ If the heat index remains below 94 degrees, we will maintain normal practice or game operations.
- ❑ If the heat index is within 95-99 degrees during practices, coaches must take a 5-8 minute break after twenty minutes of practice.
- ❑ If the heat index is within 95-99 degrees during games, the game clock will be stopped and a 2 minute break will be instituted at the completion of every 2-innings (Baseball, Softball, T-ball, and Blast Ball), at the end of a quarter (Football), and at the midpoint of a half (Soccer).
- ❑ If the heat index reaches between 100-104 degrees, the previous guidelines will still be in place, with the addition of a 10-minute break at the mid-point of the practice or game. The game clock will be stopped during these breaks as well.
- ❑ If the heat index reaches above 105 degrees, practices lay will be SUSPENDED until the heat index falls below 105 degrees.
- ❑ GCRPD staff will closely monitor these situations and communicate with coaches if these situations arise. If we experience a situation where games are suspended due to heat for an extended period of time, we will cancel all remaining games that day.
- ❑ Coaches should give adequate rest periods for players when temperature and humidity are high. Players should remove appropriate equipment when possible as exposed skin cools more efficiently.
- ❑ Players who need careful monitoring include:
  - Players who are overweight and/or have a pre-existing medical condition
  - Those who are taking over-the-counter and prescription medication
  - Those who do not exercise on a regular basis

### General Hydration Guidelines:

- ❑ Parents are asked to provide water for participants for both practices and games.
- ❑ Water should always be available and accessible to participants. Participants who request a water break should be given a water break.
- ❑ **Before Practice/Game** – drink early 17 – 20 oz of water or diluted sport drink 2-3 hours before and an additional 7-10 oz 10 – 20 minutes before
- ❑ **During Practice/Game** – drink early, drink often 7- 10 oz every 10 – 20 minutes depending on heat and humidity. Coaches are reminded to caution players to drink at each break and not to wait until they are thirsty. When possible, assign a coach to monitor time intervals between each water break.
- ❑ **After Practice/Game** – drink enough fluids to replace any weight loss within two hours of completion.