



## **Thunder Soccer Club Heat and Hydration Policy**

When the Heat Index Reading (a combination of the air temperature and relative humidity) is 105 degrees or above, regular practice will be discontinued. A very short restricted practice is permitted and it is recommended that practices be held indoors. If the Heat Index Reading is between 95 and 104 degrees, practices will be modified to include frequent water breaks. Club sponsored games and events may continue with mandatory official time outs midway through halves.

Mandatory 10-minute rest periods will be provided for every 45 minutes of activity when the Heat Index Reading is between 84 and 94 degrees.