

Grayslake Colts Heat Policy

This policy addresses how the Grayslake Colts will handle extreme summer weather.

No Equipment Practice:

When the heat index is between 100 and 104 at 4:00 pm, a modified and limited practice will be held. The athlete should dress in a T-shirt, shorts and shoes. Football players will not wear their helmet or pads. Practice will be limited to a light activity. Water breaks will be every 15-20 minutes and coaches will focus their instructions to be concentrated on instructional training and walk through drills. Notice that a limited practice will be held will be communicated via a message delivered to your phone by 4:30 p.m.

No Practice:

Practice will be cancelled when the heat index is above 105 at 4:00 pm. Notice that practice has been cancelled will be communicated via a message delivered to your phone by 4:30 p.m.

Parents ultimately have the discretion of withholding their child from practice and the Colts only request that the parent notify the coach when that decision is made.

How to use heat index*:

1. Across top locate temperature
2. Down left side locate relative humidity
3. Follow across and down to find apparent temperature
4. Determine heat stress risk on chart below.

* Combined index of heat and humidity. In other words, what it feels like to the body.

This heat index chart is designed to provide general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. In addition, studies indicate that the susceptibility to heat disorders tends to increase with age. Exposure to full sunshine can increase Heat Index values by up to 15° F.

