



MARAUDER

YOUTH FOOTBALL LEAGUE



HEAT DAY PROCEDURES

(Revised 9/2/2011 11:30 AM)

The following are guidelines to be followed in the event of severe temperatures or if The National Weather Service of Indiana declares Hancock County to be under a Heat Advisory or Excessive Heat Watch during scheduled practice times. The Director and Competition Commissioner will declare practice to be a "Heat Day." This will be determined on a day-by-day basis. "Heat Day" procedures are:

1. Water breaks are mandatory and will be taken by all teams every 15 minutes.
2. The first 45 minutes of practice will be conducted without shoulder pads & helmet. The last 45 minutes will be conducted in full pads & helmet.
3. Any player spotted or complaining of a heat related illness, will stop football activity immediately and be moved to a shaded area. The player should be monitored by a member of the coaching staff and/or parents for further heat related illness.

In the event the National Weather Service of Indiana issues an Excessive Heat Warning for Hancock County effective during scheduled practice times.

PRACTICE WILL BE CANCELLED

Should the weather conditions present at the time of practice in what is deemed non-severe, any member of the MYFL Board of Directors present at practices can elect to resume normally scheduled football activities. This will be a day-by-day decision to be made at the start of scheduled practices.

****Parents Remember ****

Hydration begins 8 hours prior to any activity. Water and Gatorade are the optimal drinks during this time. Any drink containing caffeine or sugars will only aide in the dehydration process. The health and safety of your players is our #1 priority. Please assist us in making the game of football during the "dog days of summer" as fun and enjoyable as we can make it.