**YMCA Heat Policy**

**WHEN IN DOUBT SIT IT OUT**

**Summer Inclement Weather Policy**

The YMCA of Central KY will follow the official temperature and inclement weather conditions of local and national weather forecasting professionals to make decisions on games. Decisions on game cancellations will be made after 4:00 pm for the following day’s games. Updates will be posted at [www.ymcacky.org](http://www.ymcacky.org), our Facebook Page and on the Y game scheduling site. These same guidelines will be used to determine practice conditions and cancellations. When determining temperature, the YMCA will use the website WeatherBug at weatherbug.com.

**Heat Policy**

For the safety of players, the YMCA will cancel games if the temperature reaches 104 degrees or above. If there is a Heat Index of 104 degrees or above, activities will be cancelled as well. Any combination of the two will result in cancellation.

**Tips for Warm Weather Conditions**

When warm weather conditions become extreme, please remember the following:

* Take frequent rest and water breaks.
* Drink water before you are thirsty. By the time you are thirsty, you are already dehydrated.
* Wear light, loose fitting clothing made of breathable fabric light in color.
* Listen to your body. Stop if you feel chest pain, dizzy, lightheaded or nauseated.

**Spotting Dehydration**

Even mild dehydration can affect your child’s athletic performance and make him or her lethargic. Left untreated, dehydration increases the risk of other heat-related illnesses, including heat cramps, heat exhaustion, and heat stroke. Encourage your child to pay attention to early signs and symptoms of dehydration, including: Dry or sticky mouth, Thirst, Headache, Dizziness, Cramp, Excessive fatigue.

Remind your child that he or she should report signs and symptoms to the coach right away.. If dehydration is detected early, fluids and rest might be all that is needed. If your child seems confused or loses consciousness, seek emergency care immediately.

**Prevention is key**

If your child plays sports in hot weather, encourage him or her to drink plenty of fluids before, during and after practices and games. Teach your child the signs and symptoms of dehydration, as well as the importance of speaking up if they occur. Involve your child’s coach, too. Talk to the coach about adjusting the intensity of the practice depending on the temperature and humidity on the field – and support decisions made to cancel games and practices when it is dangerously hot outside.

