

CANYON ATHLETIC ASSOCIATION

Athletic Department – Environmental Safety Policy

Monitoring: OSHA–NIOSH Heat Safety Tool App. All staff enforce protocols.

HEAT POLICY (*Heat Index “Feels Like”*)

Heat Index	Water Breaks / Rest	Practice Max	Equipment / Activity Limits
100°F	Every 20 min / 5 min rest, shade	120 min	Full gear allowed
105°F	Every 15 min / 5 min rest, shade	90 min	No shoulder pads
110°F	Every 10 min / 5 min rest, shade	60 min	No equipment, no conditioning
115°F	Every 10 min / 5 min rest, shade	45 min	No equipment, no running/jogging; walk-through only
>115°F	—	—	Indoor only

Game-Day: If canceled for safety, notify opponent AD, CAA, and officials **by 1:00 PM**.

HYDRATION & COOLING

- Water + ice, electrolytes, shade, cooling towels at $\geq 100^{\circ}\text{F}$.
- **Pre:** 17–20 oz 2–3 hrs before; 7–10 oz 10–20 min before.
- **During:** 7–10 oz every 10–20 min; $<2\%$ body weight loss.
- **Post:** Rehydrate within 2 hrs with water, carbs, electrolytes.
- Review CAA Heat Acclimation Standards: [Link](#)

COLD WEATHER POLICY

Wind Chill + Rain:

- <45°F → Max 30 min, cover extremities
- <38°F → Cancel practice

Dry Conditions:

- <35°F → Max 30 min, cover extremities
- <32°F → Cancel practice

Games: Consult CAA.

LIGHTNING POLICY

- Suspend activity when thunder heard or lightning seen.
- Move to grounded building with water/electricity.
- Wait **30 min** after the last thunder/lightning; restart clock if new strike.