

MSHSAA Recommendation - <http://www.mshsaa.org/resources/pdf/hydration1.pdf>

MSHSAA Recommends: If a heat index between 95 and 105 degrees is stated, plans should be implemented to alter practiced conditions (longer water breaks, more shade, move to later in the day). If a heat index over 105 degrees is state, plans to postpone or reschedule practice should be put in place.

First understand this is MSHSAA recommendation is for athletes that have been training in high school programs for several months, we are coaching young athletes from age 5-14 that we are unsure what activities they have been participating in for the last month, we will always sway to the side of caution.

If practices are cancelled by the league due to heat index, no practices will be allowed inside or outside, no exceptions.