

REGION 795 HEAT POLICY

In order to ensure the safety of players, coaches, referees, volunteers, and spectators, the following Heat Policy has been instituted for all games and practices beginning August 2022.

The Heat Policy only applies to core players in the Fall or Spring Programs. Additionally, this Heat Policy may not apply to events not sponsored by Region 795 (e.g., non-Region 795 tournaments and Area or Section Playoffs).

Temperature (°F)	New Game/Practice Policy	And if Humidity is over 50%
Less than 82 °F	Regular Game/Practice Times & Breaks	Regular Game/Practice Times & Breaks
82 °F - 92 °F	Extended Substitution/Water Breaks	Shortened Game/Practice Time & Extended Substitution/Water Breaks
93 °F - 99 °F	Shortened Game/Practice Time & Extended Substitution/Water Breaks	Games/Practices Rescheduled
100 °F or higher	Games/Practices Rescheduled	Games/Practices Rescheduled

Additional Information:

1. No games will start if the temperature is 100F or higher.
2. An “official” thermometer will be used to assess current temperature.
3. Information from the Los Angeles Unified School District regarding Heat Stress, Signs, Symptoms, and First Aid is attached.