

Heat/Temperature Recommendations for GASL

National Weather Service Definitions For High Heat Indices:

- Excessive Heat Warning: Heat indices will attain or exceed 105°F. ([see map of Excessive Heat Warning Threshold](#))
- Heat Advisory: Issued when the Heat Index will be equal to or greater than 100°F, but less than 105°F. ([see map of Heat Advisory Threshold](#))
- Excessive Heat Watch: Possibility that Excessive Heat Warning Criteria may be met at longer ranges (12 to 48 hrs out).

Recommendations for Heat Advisory

- Consider moving start time to 7:30 AM, reduce warm up times
- Remind teams and volunteers to hydrate prior to the event and to stay in the shade as much as possible
- Rotate volunteers every hour
- Provide as much shade as possible on deck for volunteers, coaches, and athletes
- Provide ample water and electrolyte drinks to all volunteers, coaches, and athletes
- Suggest no additional spectators to both teams
- Allow 5 minute cool off with guards at edge of pool every hour

Additional Recommendations for Excessive Heat Warning

- Rescheduling event if possible
- Reduce event time by limiting events to 3 per swimmer, canceling relays
- Reduce the number of people on the deck by allowing volunteers and swimmers only on deck or swimmers and parent/guardian.

Resource Links:

USA Swimming's minimum pool temperature is 60.8 degrees and maximum pool temperature is 85 degrees.

<https://www.weather.gov/ffc/hichart>

<https://djs.maryland.gov/Documents/policies/healthcare/DJS-Heat-Index-Guidelines.pdf>

<https://www.weather.gov/ctp/wwacriteria>

<https://ephtracking.cdc.gov/Applications/HeatRisk/>