

MOORPARK GIRLS SOFTBALL

EXTREME HEAT PRACTICE PROTOCOL

PARENT/GUARDIAN DISCRETION:

At all times, it is at the sole discretion of the parent or guardian whether to send their child to practice due to weather conditions.

The safety of our players is the priority. MGS uses conservative temperature triggers for youth practices. Coaches may always shorten or stop a practice when conditions warrant.

Temperature	MGS Practice Protocol
Below 85°F	Normal practice. Water readily available; players may take additional breaks at any time.
85-89°F	Heat precautions begin. Mandatory water/shade break at least every 20 minutes. Reduce prolonged conditioning.
90-94°F	Modified practice. Break at least every 15 minutes. Maximum 75 minutes. No distance running or extended conditioning. Catchers remove gear when not actively catching.
95-99°F	Highly modified practice. Maximum 60 minutes. Break every 10-15 minutes. No conditioning or repeated sprint work. Emphasize lower-intensity throwing, hitting and defensive instruction. Shade/cooling area required.
100°F+	NO OUTDOOR PRACTICE. Cancel, postpone, or reschedule to a cooler time.

COACH RESPONSIBILITIES

- Check conditions before practice and continue monitoring throughout practice.
- Enforce mandatory water/shade breaks; never withhold water as discipline.
- Reduce intensity and eliminate unnecessary conditioning as temperatures rise.
- Provide or identify a shaded/cooling area whenever heat precautions are in effect.
- Allow any player to stop participation because of heat without penalty.
- Use extra caution during sudden heat waves and while players are acclimatizing.

PLAYER & PARENT RESPONSIBILITIES

Players should arrive with adequate water, lightweight athletic clothing, and sunscreen. Players who feel unwell must tell a coach and stop activity. Parents should alert the coach to temporary circumstances that may make heat participation unsafe.

STOP ACTIVITY / EMERGENCY RESPONSE

Remove a player from activity for concerning symptoms such as dizziness, headache, nausea or vomiting, muscle cramping, unusual weakness/fatigue, or difficulty continuing. Move the player to a cooler or shaded area and begin cooling. **Confusion, collapse, loss of consciousness, or other serious neurologic symptoms are a medical emergency: call 911 and begin rapid cooling while awaiting EMS.**

ADDITIONAL CONDITIONS

Temperature is not the only factor affecting heat stress. Coaches and league officials should also consider humidity, direct sunlight, consecutive hot days, player acclimatization, and field conditions. MGS may impose stricter restrictions or cancel practices whenever conditions warrant.

Reference: California Department of Public Health guidance for schools on sports and strenuous activities during extreme heat. This league protocol is a safety policy and does not replace medical advice or emergency care.

Adopted by Moorpark Girls Softball • 2026