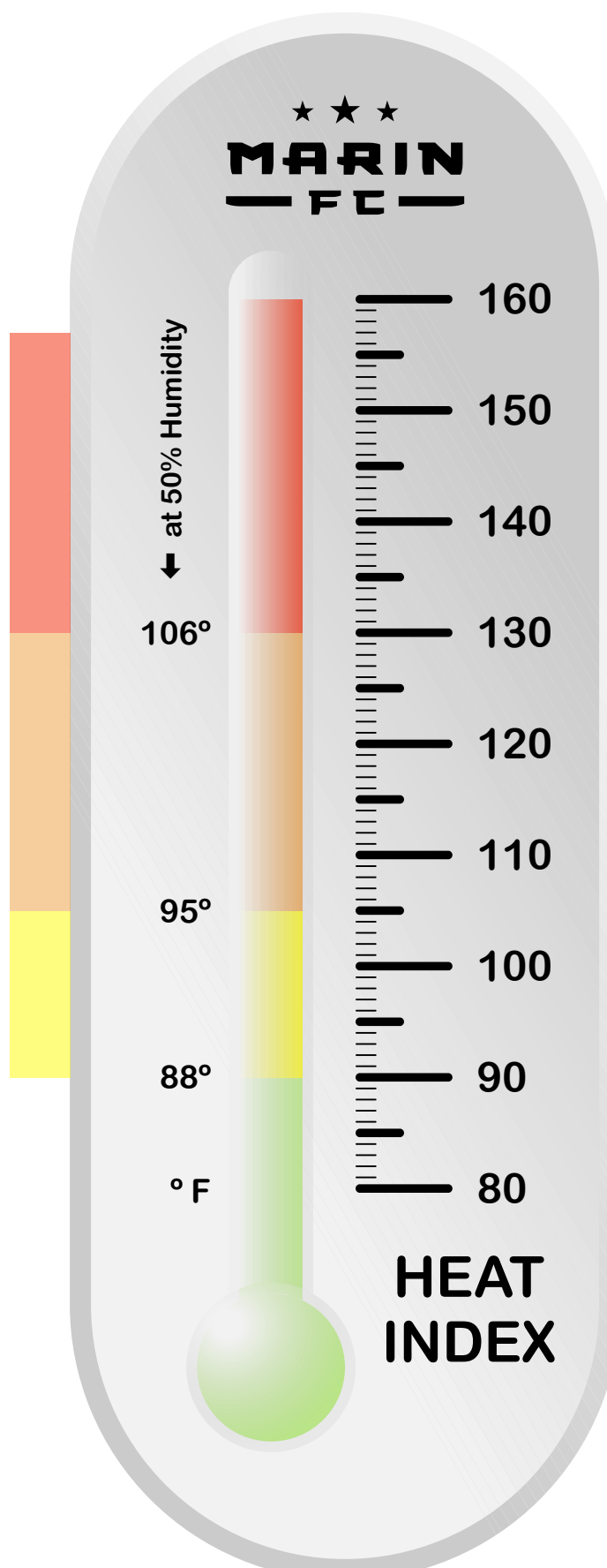


In the event of extreme heat, Marin FC relies first and foremost on the best judgement of our coaches, parents and players. No one should train or play if they perceive dehydration or other weakness due to heat. At a minimum, the club does adhere to the limits and procedures depicted here.

Based on standards from:



Club Wide Cancellations

Indoor Sessions Allowed

Mandatory Shade & Water Breaks
at 15-25 Mins.

Voluntary Cancellations
U8 thru U12 Likely
U12 thru U19 Possible

Coaches Use Precautions

The **HEAT INDEX** is a combination of temperature and humidity measurements and is to be used whenever possible. Temperatures shown at the left assume 50% humidity which is common for Marin but not static. For more information and to check the current Heat Index measurement, visit:

<https://www.weather.gov/safety/heat-index>

Note : **ADD** 10 to the reported Heat Index for black rubber infill artificial turf fields and add 5 for other infill artificial turf fields.