



Heat Policy

General Policy

This policy applies to all youth sports leagues. It is to insure the safety of all participants, coaches, officials, volunteers, and parents involved in the youth sports programs.

Procedures

Staff shall monitor the heat index each day of practices or games and update the rainout line. The heat index will be determined by referencing the National Weather Service website at www.weather.gov 30 minutes prior to game or practice time.

1. (Yellow Zone) Heat index of 81-96 degrees. In this range coaches are encouraged to take extra steps to protect their players by keeping them hydrated and keeping them seated out of the sun when they are not in the field of play.
2. (Orange Zone) Heat index of 97-104 degrees. Coaches still take same measures as in the yellow zone. Coaches need to keep their players well hydrated and out of the sun as much as possible at practices. In Baseball/ Softball catchers will be allowed to catch only two innings in succession.
3. (Red Zone) Heat Index of 105-110. Any on going or scheduled games will be reduced by 15 minutes. Coaches should shorten the practice time by 15 minutes. All actions taken in orange and yellow zones will also be required.
4. (Black Zone) Heat Index of 110 or higher. Games and practices will be cancelled until the heat index drops below 110. Notification will be given on the rain out line phone.

Enforcement

The fields will be monitored and maintained during games by a facility supervisor to ensure the heat policy is enforced. The above policy is merely guideline and it is the responsibility of parents to make the ultimate decision as to the participation of their child when heat may be a factor, taking into consideration the age and physical condition of their child. Parents also have the ultimate responsibility to inform their child about the

dangers of heat and need for protection, including sunscreen, proper clothing, and proper hydration.