



## TRC HEAT GUIDELINES - YOUTH OUTDOOR SPORTS

Turner Recreation Commission has implemented the following guidelines to deal with extreme heat at all youth sports games and practices. It is designed to provide participants with a standard for safe play in situations of extreme heat.

The two values that the TRC will take into account when modifying or canceling games/practices are air temperature and relative humidity. The combination of these two elements reflects the heat index. We will rely on the heat index reading that is updated hourly by the National Weather Service.

The TRC has defined four heat index zones. These zones are based on recommended guidelines published by the American College of Sports Medicine (ACSM) for participation in sports activities during periods of extreme heat. Because the heat index does not take into account wind and direct sunlight, two degrees will be added to the stated heat index on sunny and still days. Likewise, two degrees will be subtracted on cloudy and windy days.

### White Zone

Heat-index of **65-82** degrees: In this range, the participant is in very little danger from heat and no special measures will be taken by the TRC.

### Yellow Zone

Heat-index of **83-100** degrees: In this range, coaches will be encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices.

### Orange Zone

Heat-index of **101-107** degrees: In this range, the TRC will implement the following at games: all measures taken in the Yellow Zone; water coolers will be available during games at each field complex for players/parents/fans; catchers will be allowed to catch only three innings in succession.

If it is a practice day, coaches are instructed to keep players well hydrated and to take frequent breaks.

### Red Zone

Heat-index ranging of **108 and above** degrees: In this range, the TRC will implement the following for games: all measures taken in the Yellow and Orange Zones; the length of games will be modified according to the schedule below. Mandatory water breaks will be taken for 5 minutes every 20 minutes. Games may be modified to played in the AM hours before the projected heat-index reaches this range and should start later than 5:30 PM when in this range.

Grades K-6 – games will be reduced by 10 minutes

Grades 7-12 – games will be reduced by 20 minutes

If it is a practice day, coaches are instructed to reduce the time of practice (1 ½ hour max), take frequent water breaks (5 minutes each every 20 minutes) and practices must be done in the AM hours before the heat-index reaches this range and start later than 5:30 PM when in this range.

**Note** - During the course of the day, the heat index will rise and fall depending upon the time of day, amount of wind, cloud cover, etc. The above program modifications could also change throughout the course of the day, especially on a weekend. For example, a 1pm game on Saturday could be played under the Orange Zone guidelines and a 4pm game could be played under Red Zone guidelines. Coaches and parents will be informed of the appropriate zone of play through the rainout number 913-287-1006 and 913-287-6787.

The above are merely guidelines and it is the responsibility of parents to make the ultimate decision as to the participation of their child in TRC events 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 and proper hydration.