

# SUGGESTED HEAT INDEX POLICY

Jefferson City Parks and Recreation uses the following heat index policy for all of our outdoor practices/games. This policy is separate from any other weather (rain, lightning, etc.) that may also occur. Heat index for each game or practice will be determined 1 hour before the scheduled start time.

Parents/guardians are expected to know their child better than the coach. Parents/guardians are responsible for communicating with the coach about their child's susceptibility to heat related illness, and to take other precautions that the parents/guardians believe are appropriate if they believe that weather or heat conditions place their child at risk of heat related illness or other danger, including withholding their child from participation.

<b>HEAT INDEX</b>	<b>RECOMMENDATIONS</b>
<b>80-88 DEGREES</b>	Few Concerns; Activities will remain on
<b>89-94 DEGREE\$</b>	<ul style="list-style-type: none"> <li>• Provide ample amounts of water (water should always be available)</li> <li>• Optional water breaks every 30 minutes up to 5 minutes in duration</li> <li>• Watch/Monitor athletes carefully</li> </ul>
<b>95-99 DEGREE\$</b>	<ul style="list-style-type: none"> <li>• Provide ample amounts of water (water is always available)</li> <li>• Athletes are allowed to take in as much water as desired</li> <li>• Recommended water breaks every 30 minutes for 5-10 minutes in duration</li> <li>• All equipment must be removed during these water breaks (helmets, gloves &amp; catcher's equipment)</li> <li>• Recommend catchers only be allowed to catch 2 consecutive innings</li> <li>• Watch/Monitor athletes closely</li> </ul>
<b>100-104 DEGREE\$</b>	<ul style="list-style-type: none"> <li>• Provide ample amounts of water (water is always available)</li> <li>• Athletes are allowed to take in as much water as desired</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes in duration (shade recommended during)</li> <li>• All equipment must be removed during these water breaks (helmets, gloves &amp; catcher's equipment)</li> <li>• Recommend catchers only be allowed to catch 1 consecutive inning</li> <li>• Game or practice time can be shortened by 15-30 minutes by team's so desire</li> <li>• Monitor athletes and actions closely</li> </ul>