

# **COFFEYVILLE RECREATION COMMISSION HEAT INDEX GUIDLINES**

COFFEYVILLE RECREATION COMMISSION has implemented the following guidelines to deal with extreme heat at all YOUTH SPORTS games ,practices AND Outside Activities. It is designed to provide coaches, parents, and participants with a standard for safe play in situations of extreme heat.

CRC has adopted the recommended guidelines by the American College of Sports Medicine for participation in sports activities during periods of extreme heat. There will be 5 defined heat index zones.

PLEASE NOTE- The heat index will NOT be decided until an hour prior to the start of a game/activity. All games will finish with the guidelines which the games started.

## **WHITE ZONE**

Heat index of **65-80 degrees**. In this range, the participant is in very little danger from heat, and no special measures will be taken by CRC.

## **YELLOW ZONE**

Heat index of **81-98 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 substitutions during games and practices.

## **ORANGE ZONE**

Heat index of **99-105 degrees**. CRC will implement the following: Water coolers/fountains will be provided at each field complex for players/parents/fans on game days.

Coaches are instructed to keep players well hydrated and take frequent breaks during practices as well.

**The Catchers position in T-ball and Machine Pitch Leagues WILL NOT be utilized.**

## **RED ZONE**

Heat index of **106-115 degrees**. CRC will implement the following: Same measures as Yellow and Orange Zones. In addition, games will be shortened.

Flag Football/ Tackle Football Games - Games will be reduced by 8 minutes

**Tackle Football: No equipment (Helmets or Shoulder Pads). Football Pants are acceptable.**

Soccer - Games will be reduced by 15 minutes

T-Ball/Machine Pitch Baseball and Machine Pitch Softball - Games will be reduced by 15 minutes

Baseball/Softball – Player Pitch games will be reduced by 20 minutes

**The Catchers position in T-ball and Machine Pitch Leagues WILL NOT be utilized.**

## **BLACK ZONE**

**Heat index above 115 degrees. All games and/or practices will be postponed/cancelled until index returns below 115.**

The above are merely guidelines and it is the responsibility of parents to make the ultimate decision as to participate in CRC event when heat may be a factor. CRC encourages all parents to take into consideration the age and physical condition of their child.

Parents also have the ultimate responsibility to inform their child about the dangers associated with heat and the need for protection (including sunscreen and proper hydration).