

## **CONCORD REC. HEAT GUIDELINES – YOUTH OUTDOOR SPORTS**

Concord Parks & Recreation 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 are considered 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.

CPR has defined five heat index zones based on recommended guidelines per the NCHSAA 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 Less than 80 degrees**

Participants are in very little danger from heat - unlimited activity with primary cautions for new or unconditioned athletes which include water breaks

### **Green Zone- Heat -index of 80 - 84.9**

Normal practice for athletes' coaches encouraged to take extra steps to protect their athletes by making sure they keep them hydrated and encouraging frequent substitutions during games and practices

### **Yellow Zone - Heat-index of 85 – 87.9 degrees**

Coaches are encouraged to take extra steps to protect their athletes by making sure they keep them hydrated and encouraging frequent substitutions during games and practices. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min)

### **Orange Zone - Heat-index of 88 – 89.9 degrees**

In this range, the implementation of the following games will be considered: *all measures taken in the Yellow Zone will be included*: in addition to frequent water breaks during games for athletes; catchers will be allowed to catch only three innings in succession. On practice days, coaches are instructed to keep players well hydrated and to take frequent breaks.

### **Red Zone - Heat-index ranging of 90 and above**

In this range, the implementation of the following for games will be considered: *all measures taken in the Yellow and Orange Zones will be included*; in addition to games will be modified to played in the AM hours before the projected heat-index reaches this range and/or the length of games will be modified to be played at a maximum of 60 minutes. Frequent mandatory water breaks will be required. On practice days, practice times will be reduced by a minimum of 15 minutes and frequent water breaks will be required. Practice must be done in the AM hours before the heat-index reaches this range or start no earlier than 6:00 PM when in this range. Once the heat index is close to max all activities will be suspended for remainder of the scheduled day.

*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 CPR 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.*