

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

The two values that BAA 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 at the MSP Airport. <http://forecast.weather.gov/MapClick.php?textField1=44.83&textField2=-93.31#.V47pPqKFmOY>

The BAA has defined five heat index zones.

**PLEASE NOTE - The heat index will NOT be decided until 10 minutes prior to start of game. All games will finish with the guidelines with which the games started.**

## **BAA Baseball Heat Policy**

<b>Heat Index Under 81°</b> <b>WHITE</b> Minimal danger No special measures taken.	<b>Heat Index 81°-97°</b> <b>YELLOW</b> Low danger Coaches & parents to keep players safe and hydrated.	<b>Heat Index 98°-105°</b> <b>ORANGE</b> Elevated danger Catchers may only play 2 innings in succession. Half innings longer than 15- mins. will take a water break.	<b>Heat Index 106°-110°</b> <b>RED</b> High danger Instr. & Mites: Games reduced to 5-innings. Cubs-Majors: No new innings after 1-hour and 50-mins.	<b>Heat Index Over 110°</b> <b>BLACK</b> Maximum danger All activities cancelled until Heat Index is below 110°.
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- Each level implements the measures of the previous levels as well.
- Heat Index from MSP Airport as reported by NWS Twin Cities is to be used.

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### ***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 the BAA.

### ***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 during games and practices.

### ***Orange Zone***

Heat index of 99-105 degrees. In this range, the BAA will implement the following at games: all measures taken in the Yellow Zone; coaches need to ensure all kids have water available; catchers will be allowed to catch only two innings in succession. If it is a practice day, coaches are instructed to keep players well hydrated and to take frequent breaks. If a half inning goes over 15 minutes then water should be given to the pitcher and catcher.

### ***Red Zone***

Heat index ranging of 106 to 110 degrees. In this range, the BAA 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.

- Baseball grades Instructional and Mites – games will be reduced to 5 innings
- Baseball grades Cubs - Major – games will be limited to 1:50 (no inning starts after 1 hour 50 min)

Recommend that cold wash clothes are available for the kids between innings.

If it is a practice day, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated by having them drink water.

### ***Black Zone***

Heat index above 110. In this range, the BAA will cancel all games and practices ***until the heat index returns to 110 or below.***

***Note*** - During the course of the day, the heat index will rise and fall depending upon the time of day, etc. The above program modifications could also change throughout the course of the day, especially on a weekend. For example, a 1:00 p.m. game on Saturday could be played under the Orange Zone guidelines and a 4:00 p.m. game could be played under Red Zone guidelines.

**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 BAA 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.**