

BYBA Heat Index Guidelines

BYBA has implemented the following guidelines to deal with extreme heat at all baseballs games and practices. This policy is to provide participants and spectators with a standard for safe play during times of extreme heat.

BYBA will depend largely on the National Weather Service readings at the Dodge Center Airport. The two important factors are the temperature and humidity. The heat index is calculated based on Figure 1.

Figure 1

The Heat Index													
Air Temp (° F)	Relative Humidity												
	40	45	50	55	60	65	70	75	80	85	90	95	100
110 °	136	143	152										
105°	123	129	135	141	148								
100°	111	115	119	124	129	135	141	147					
95°	101	104	107	110	114	117	122	126	131	136	141		
90°	92	94	96	98	100	103	106	109	112	115	119	127	132
85°	84	85	86	88	89	91	93	95	97	99	102	104	107
80°	80	80	81	81	82	82	83	84	84	85	86	86	87
<i>Exposure to full sunshine can increase Heat Index values by up to 15° F.</i>													

BYBA has defined five 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, the following modification will be made to the heat index.

Sunny days with little wind (<10 mph) add 3.6°F to the heat index.

Cloudy days with wind (<10 mph) subtract 3.6°F to the heat index.

White Zone

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

Yellow Zone

Heat index of 81-98 °F. 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 99-105 °F. In this range, BYBA will implement the following at games:

All measures taken in the Yellow Zone must be followed.
players/spectators/others.

Catchers will be allowed to catch only two innings in succession.

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

Red Zone

Heat index of 106-115 °F. In this range, BYBA will implement the following at games:

All measures taken in the Yellow and Orange Zone must be followed.
All games will have a 1 hour time limit.

Cancellations are at the discretion of BYBA as well.

If it is practice day, all practices will be canceled.

Black Zone

Heat index of 106-115 °F. BYBA will cancel all games and practices.
Cancellations will be posted on the BYBA website.

Notes-

During the course of the day, heat index will rise and fall depending upon a number of factors. BYBA will try to post any cancellations on the website by 4 PM of that 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 BYBA activities when heat may become 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 their protection, including sunscreen and proper hydration.