SPR WEATHER POLICIES

HEAT

YELLOW Heat index between 81-99	ORANGE Heat index between 99-105	RED Heat index between 106-115	BLACK Heat index above 115
Participants are in very little danger from heat and no special measures will be taken.	Each player must have water to be allowed to play. Coach-monitored water break required for catchers during each half inning. Coaches should instruct all players to stay hydrated and take frequent breaks.	All previous measures will be followed plus game lengths will be reduces by 15 minutes. Coach-monitored water break required during each half inning or each sub.	SPR will postpone or cancel all games until the heat index is below 115. Notifications will be given to coaches and through TeamSideline.

These zones have been published by the American College of Sports Medicine for participation in sports activities.

COLD

ABOVE 40	39-20	19-10	9 and BELOW
Full activity, no restrictions	Stay adequately hydrated. SPR will notify coaches of the threat of cold-related illness. Coaches and players should wear layers of clothing	All previous measures should be taken. Cover head and neck to prevent heat loss. Game lengths will be shortened by 5 minutes per half	All previous measures should be taken. SPR will consider postponing or cancelling all games. Notifications will be sent through TeamSideline.

The above are recommendations. Each coach is encouraged to evaluate and decide how to use this information when making practice decisions. All temperatures refer to wind chill temperatures.

LIGHTNING

10-20 MILE RANGE	0-9 MILE RANGE
Supervisor will inform each field that a storm is within the 10-20 mile range	Activities will be suspended. Individuals must leave fields and find shelter during the storm. TeamSideline will be updated with revised schedule once a decision has been made to either cancel or postpone.

Games will not resume until 30 minutes after the last lightning strike.
Games will be canceled if anticipated delay is more than 2 hours.

SMITHVILLE PARKS & RECREATION