



Derby Recreation Commission Outdoor Programs – Heat Policy

The Derby Recreation Commission has implemented the following guidelines to deal with extreme heat for all Derby Recreation Commission games, practices and other outdoor activities. It is designed to provide participants with a standard for safety in situations of extreme heat.

The two values that the DRC will take into account when modifying or canceling games/practices/events 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 from Wichita.

The DRC 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, 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 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 DRC.

Yellow Zone

Heat index of 81-98 degrees. In this range, coaches/instructors will be encouraged to take extra steps to protect their participants by making sure they keep them hydrated and by encouraging frequent substitutions or rest periods during games, practices and events.

Orange Zone

Heat index of 99-104 degrees. In this range, the DRC will implement the following at games: all measures taken in the Yellow Zone; 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.

Red Zone

Heat index of 105 to 109 degrees. In this range, the DRC 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. If it is a practice day, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated.

- Tball/Baseball/Softball – These games will be reduced by 15 minutes
- Soccer – These games will be reduced by 2 minutes per quarter
- Flag Football – These games will be reduced by 5 minutes per half

Fitness Classes/Events

Instructors will reduce the time of the program, and take frequent breaks and keep participants hydrated. If applicable, classes could be moved indoors.

Black Zone

Heat index above 110 degrees. In this range, the DRC will cancel all games and events until the heat index returns to 110 or below. Coaches should also use this guideline to cancel all practices.

Note - During the course of the day, the heat index will rise and fall depending upon the time of day, amount of wind, cloud cover, etc. **Decisions about game cancelations (Black Zone) will be made by 4pm for evening games.** All other zones will be determined at least 1 hour prior to the first scheduled games. All games that day will finish with the guidelines from which the first games started.

These heat guidelines will be in effect for Summer Youth Tball/Baseball/Softball, Spring and Fall Soccer, Fall Flag Football and youth and adult fitness classes and events. The Black Zone guideline will also be in effect for all Adult Softball leagues (Spring, Summer and Fall).

The above are merely guidelines. It is the responsibility of parents to make the ultimate decision as to the participation of their child in DRC events when heat or cold 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.