



## Inclement Weather: Heat Policy

Lynchburg Parks and Recreation has adopted the following policy regarding the cancelation of activities during incidents of extreme heat. Using four heat index zones 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.

**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 and by encouraging frequent substitution during games and practices.

**Red Zone:** Heat index ranging 98 degrees & over or over 90 degrees on an artificial turf field\*.

- All outdoor youth & senior athletics activities are cancelled.
- All outdoor youth recreation programs are limited to no more than 30 minutes including breaks.
- Activities will not resume until the heat index returns to below 98 degrees. Notification will be given through the cancellation rainout line and on the athletics website.

**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. The above program modifications could also change throughout the course of the day, especially on a weekend. For example, a 1p.m. game on Saturday could be played under the Red Zone guidelines and a 4pm game could be played under Yellow Zone guidelines. Coaches and parents will be informed of the appropriate zone of play through notification on the athletics website.

We ask all parents and coaches to help us protect their children, by informing them about the dangers of heat and need for protection, including sunscreen and proper hydration.

\*\*Because studies have shown that the crumb rubber infill used for shock absorption in artificial turf fields, collects and holds solar heat, turf fields can be up to 20 degrees hotter than normal natural grass field. Based on this research, games scheduled for Lynchburg City Stadium during the summer months (June – August) shall comply with this guideline.