

LYB HEAT INDEX POLICY

LYB uses the following heat index policy for all of our outdoor practices/games. This policy is separate from any other weather (rain, lighting, etc.) that may also occur. Heat index for each game or practice will be determined 1 hour before the scheduled start time.

HEAT INDEX	RECOMMENDATIONS
80 – 88 DEGREES	Few Concerns; Activities will remain on
89 – 94 DEGREES	<ul style="list-style-type: none"> • Provide ample amounts of water(water should always be available) • Optional water breaks every 30 minutes up to 5 minutes in duration • Watch/Monitor athletes carefully
95 – 99 DEGREES	<ul style="list-style-type: none"> • Provide ample amounts of water(water is always available) • Athletes are allowed to take in as much water as desired • Mandatory water breaks every 30 minutes for 5-10 minutes in duration • All equipment must be removed during these water breaks (helmets, gloves & catcher’s equipment) • Catchers must only be allowed to catch 2 consecutive innings • Watch/Monitor athletes closely
100 – 104 DEGREES	<ul style="list-style-type: none"> • Provide ample amounts of water(water is always available) • Athletes are allowed to take in as much water as desired • Mandatory water breaks every 30 minutes for 10 minutes in duration (shade recommended during) • All equipment must be removed during these water breaks (helmets, gloves & catcher’s equipment) • Catchers must only be allowed to catch 1 consecutive inning • Game or practice time should be shortened by 15-30 minutes • Monitor athletes & actions closely
105 + DEGREES	All activities will be cancelled