

Heat Index Guidelines for Youth Baseball

5 zones established for heat index. 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.

White Zone

Heat index of 65-80 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.

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.

Orange Zone

Heat index of 99-105 degrees. In this range, the BVRC will implement the following games: all measures taken in the Yellow Zone; water coolers will be available at each field complex for players/parents/fans; 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 ranging of 106 to 109 degrees. In this range, the following is implanted: all measures taken in the Yellow and Orange Zones; the length of games will be modified according to the schedule shown.

- Baseball and softball grades K-3 – games will be reduced by 15 minutes
- Softball grades 4-6 – games will be reduced by 15 minutes
- Softball 7-12 – games will be reduced 15
- Baseball grades 4-12 – games will be reduced by 30 minutes

If it a practice day, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated by hydrated by having them drink water.

Black Zone

Heat index above 110. Games are cancelled.

Heat indexes are determined by checking www.theweatherchannel.com

Please call cancellation hotline to find out if games are cancelled, updates are recorded by 4:00pm.

217-257-8260