

Oswego Baseball and Softball Association has implemented the following guidelines to deal with extreme heat at all youth baseball games and practices. It is designed to provide participants with a standard for safe play in situations of extreme heat.

The two values that Oswego Baseball and Softball Association will take into account when modifying or canceling games/practices 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 at the Aurora Municipal Airport.

<https://forecast.weather.gov/MapClick.php?lat=41.6811&lon=-88.3507#.WyhN4RIzp24>

The Oswego Baseball and Softball Association has defined four heat index zones.

**PLEASE NOTE - The likelihood of a Black Heat Index will be determined to the best of the Board of Directors judgment 90 minutes prior to the scheduled start time to notify all parties as soon as possible. All games will finish with the guidelines with which the games started.**

# OBSA Heat Policy

|                                      |   |   |  |
|--------------------------------------|---|---|--|
| <b>Heat Index<br/>Under 81°</b>      | <b>Heat Index<br/>81-97°</b>  | <b>Heat Index<br/>98-105°</b>   | <b>Heat Index<br/>Over 105°</b>  |
| <b>WHITE</b>                         | <b>ORANGE</b>   | <b>RED</b>  | <b>BLACK</b>   |
| <b>Minimal Danger</b>                | <b>Low Danger</b>   | <b>Elevated Danger</b>  | <b>Maximum<br/>Danger</b>  |
| <b>No Special<br/>Measures Taken</b> | <b>Coaches and<br/>Parents to keep<br/>players safe and<br/>hydrated.</b> | <b>Catchers may only<br/>play 2 innings in<br/>succession.</b>          | <b>All Activities<br/>cancelled until<br/>heat index is<br/>below 105°</b> |
|                                      |   | <b>Half innings longer<br/>than 15 min. will take<br/>a water break</b> |  |

## *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 Oswego Baseball and Softball Association.

## *Orange Zone*

Heat index of 81-97 degrees. In this range, coaches will be encouraged to take extra steps to protect their players by making sure they keep them hydrated during games and practices.

## *Red Zone*

Heat index of 99-105 degrees. In this range, the Oswego Baseball and Softball Association will implement the following at games: all measures taken in the Yellow Zone; coaches need to ensure all kids have water available; catchers will be allowed to catch only two innings in succession. If a half inning goes over 15 minutes then water break will occur. If it is a practice day, coaches are instructed to keep players well hydrated and to take frequent breaks.

***Black Zone***

Heat index above 105. In this range, the Oswego Baseball and Softball Association will cancel all games and practices ***until the heat index returns to 105 or below.***

***Note*** - During the course of the day, the heat index will rise and fall depending upon the time of day, etc. The above program modifications could also change throughout the course of the day, especially on a weekend. For example, a 1:00 p.m. game on Saturday could be played under the Orange Zone guidelines and a 4:00 p.m. game could be played under Red Zone guidelines.

**The above are merely guidelines, and it is the responsibility of parents to make the ultimate decision as to the participation of their child in Oswego Baseball and Softball Association events when heat 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.**