

Managing Heat

PRBS utilizes the following guidelines pertaining to heat for games and practice. The wet bulb globe thermometer (WBGT) reading is the measurement utilized.

The WetBulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas.

a. ≤79.9 degrees F .1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. 2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials. 3. Ice-down towels for cooling. 4. Watch/monitor athletes carefully for necessary action.

b. 80.0-84.5 degrees F Everything from above, and rotate catchers every inning

c. 84.6-87.5 degrees F i. All guidelines from above....Batting team to a shaded area. Defense in field no longer than 10 minutes... They will come off the field to shade for the 10 minute break.

Younger leagues (10 & under) postponed

d. 87.6up suspend play 11 to 14 yrs old

e. 90 degrees F i. All sports 1. No games or practices 2. Cancel and/or postpone activity to cooler time of the day

These are guidelines. Each team/athlete should be monitored during high heat days.

WHERE TO FIND THE WBGT

Accuweather.com.....hourly temperature....click the plus (on your cell phone)

Clear

RealFeel®: 71°

Winds: 13 mph SSW

Gusts: 17 mph

Humidity: 53%

Dew Point: 56°

UV Index: 0 (Low)

Cloud Cover: 0%

Rain: 0 in

Snow: 0 in

Ice: 0 in

Visibility: 10 mi

Ceiling: 30500 ft

Wet Bulb: 63°