



## **INTERLAKES YOUTH SOFTBALL ASSOCIATION, INC.**

### **HEAT INDEX GUIDELINES**

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 are 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 all measures taken in the Yellow Zone; water coolers should be made available by team parent coordinator, coaches or parents of players.

#### **Red Zone**

Heat index ranging of 106 to 109 degrees. In this range the following is implemented: all measures taken in the Yellow and Orange Zones; the length of games will be modified according to the schedule shown below:

8U and 10U – game reduced by 15 minutes (45 minute time limit)

12U – 18U – games reduced by 15 minutes (60 minute time limit)

#### **Black Zone**