

## City of Granger Heat Index Guidelines

The City of Granger Parks & Recreation Department has implemented the following guidelines to deal with extreme heat at all youth games. They are designed to provide participants with a standard for safe play in situations of extreme heat. The two values that will be taken into account when modifying or canceling games 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 Des Moines International Airport](#).

The Recreation Dept has defined four heat index zones based on recommended guidelines published by the [American College of Sports Medicine \(ACSM\)](#) for participation in sports activities during periods of extreme heat. Because the heat index does not take into account wind and direct sunlight, two degrees will be added to the stated heat index on sunny and still days. Likewise, two degrees will be subtracted on cloudy and windy days.

### **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.

### **Yellow Zone**

Heat index of 81-98 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.

### **Orange Zone**

Heat index of 99-105 degrees. In this range, City of Granger Recreation will implement the following at games: all measures taken in the Yellow Zone ; the length of games will be reduced by 15 minutes. Coaches are instructed to keep players well hydrated and to take frequent breaks.

### **Red Zone**

Heat index ranging from 106 and up. In this range, City of Granger Recreation will cancel all games. Notification will be given through the Granger Parks and Recreation Facebook Page and City of Granger website.

**Note** - During the course of the day, the heat index will rise and fall depending upon the time of day, amount of wind, cloud cover, etc. The above program modifications could also change throughout the course of the day, especially on a weekend. For example, a 1pm game on Saturday could be played under the Orange Zone guidelines and a 4pm game could be played under Red Zone guidelines. Coaches and parents will be informed of game cancellation through the Granger Parks and Recreation Facebook Page and City of Granger website.

All other outdoor practices/activities/classes/events such will be modified by the instructor on site.

\*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 City of Granger Recreation classes/games/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.