



## Weather-related policies

### **LIGHTNING**

1. Each league official (e.g., Board members), manager, coach, and umpire should read and become familiar with Lightning Safety Tips. This will help everyone understand the background information on this entire topic, including recent research and findings on lightning. <https://www.cdc.gov/disasters/lightning/safetytips.html>

### **2. DURING GAMES; PLAY WILL BE HALTED IMMEDIATELY BY THE UMPIRES, OR DURING PRACTICE BY THE COACH, IF:**

- Lightning is observed anywhere on the skyline
- Thunder is heard
- The sky above or in the immediate proximity to the playing field looks threatening

\*\* Due to COVID-19, please make sure players, parents and coaches are recommended to wear masks when social distancing cannot be maintained while sheltering during a lightning storm.

4. All adults and umpires in attendance will proactively ensure that children and others in their care will remain in their vehicles until the umpires say that it is safe to resume playing.

5. The game will not be resumed until 30 minutes have passed from the last time lightning was observed or thunder heard. At the 25 minute mark with no lightning observed or thunder heard, the umpires will allow the teams to return to the dugouts to make preparations to resume the game.

6. **NO CONSIDERATION WILL BE GIVEN TO COMPLETING THE GAME** when making decisions regarding halting or resuming the game. The only factor that will be considered is the presence/absence of lightning/thunder/threatening skies.

7. Upon resumption of game activities, each team, when they take the field defensively, will be permitted a small amount of extra time to warm up, at the discretion of the umpire(s).

## **TEMPERATURE-RELATED**

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. [ACSM Exercising in Hot and Cold Environments](#)

[National Weather Service Heat Index Calculator](#)

### **White Zone (Heat index of 65-80 degrees)**

In this range, the participant is in very little danger from heat and no special measures need to be taken.

### **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) and Red Zone (Heat index ranging of 106 to 115 degrees)**

In this range, all measures taken in the Yellow Zone should be adhered to, as well as the following:

1. Catchers will be allowed to catch only three innings in succession.
2. If it is a practice day, coaches are encouraged to have players wear shorts/t-shirts and to instruct players to stay well hydrated and to take frequent breaks and/or end reduce the total time of practice.
3. In the case of Red Zone, consider re-scheduling the practice or game to a later time, or date (if possible).

### **Black Zone (Heat index above 115)**

In this range, the MYA Baseball will cancel all games and practices until the heat index returns to 115 or below.

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 any 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.