

The City of Lakeland, Tn. Heat Index Guidelines

The City of Lakeland Parks and Recreation (LPR) has implemented the following guidelines to deal with extreme heat at all youth sports games and practices. It is designed to provide coaches, parents, and participants with a standard for safe play in situations of extreme heat.

LPR has adopted the recommended guidelines by the American College of Sports Medicine for participation in sports activities during periods of extreme heat. There will be 5 defined heat index zones.

PLEASE NOTE- The heat index will NOT be decided until 30 minutes prior to the start of a game. All games will finish with the guidelines which the games started.

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 HRC.

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 substitutions during games and practices.

ORANGE ZONE

Heat index of 99-104 degrees. Coaches are instructed to keep players well hydrated and take frequent breaks during practices as well. **PADS SHOULD NOT BE WORN IN PRACTICE IF THE HEAT INDEX IS OVER 99**

RED ZONE

Heat index of 104-115 degrees. LPR will implement the following: Same measures as Yellow and Orange Zones. In addition, games will be delayed until the heat index is below 104.

BLACK ZONES

Heat index above 115 degrees. All games and/or practices will be postponed/cancelled until index returns below 115.

The above are merely guidelines and it is the responsibility of parents to make the ultimate decision as to participate in LPR event when heat may be a factor. LPR encourages all parents to take into consideration the age and physical condition of their child. Parents also have the ultimate responsibility to inform their child about the dangers associated with heat and the need for protection (including sunscreen and proper hydration).