

# High River Storm Weather Policy

All information below is summarized from the Baseball Alberta Weather Policy document found at [Baseball Alberta Weather Policy.pdf \(publicationsports.com\)](#). Refer to that document for increased detail.

## **LIGHTNING/SEVERE WEATHER: When thunder roars, go indoors!**

**People need to be in a safe location (not a dugout!) before the count between the flash of lightning and the first sound of thunder equals 30 or less, and should shelter in place until 30 minutes after the last rumble of thunder.**

Know where the closest "safe structure or location" is to the field or playing area and know how long it takes to get to that safe structure or location. Safe structure or location is defined as: Any building normally occupied or frequently used by people, i.e., a building with plumbing and / or electrical wiring that acts to electrically ground the structure. Avoid using any of the building's showers or plumbing facilities during a thunderstorm.

In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. Do not touch the sides of the vehicle!

Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes. Cardiopulmonary resuscitation (CPR) is safe for the responder, as people struck by lightning do not carry an electrical charge. If possible, an injured person should be moved to a safer location before starting CPR.

## **HEAT GUIDELINES**

### **Heat Index is 40 or greater before the game begins:**

If the Heat Index is 40 or greater before the game begins, wait 30 minutes to see if the calculation drops to 39 or below. If the Heat Index remains at 40 or greater after the 30 minute wait, the game will be cancelled and rescheduled.

### **Heat Index climbs to 40 or greater during the game:**

The umpire will be notified and the game will continue for 15 minutes while coaches monitor the Heat Index. If the Heat Index remains at 40 or greater after 15 minutes, the game will stop and all participants must hydrate and find shade. If after 30 minutes the Heat Index remains at 40 or above, the game should be cancelled and rescheduled.

*If the Heat Index is 36-39, notify the umpire and consider changing catchers/pitchers more frequently.*

## **AIR QUALITY GUIDELINES**

Regularly monitor local air quality indices (AQI), including the Air Quality Health Index (AQHI), provided by the Alberta Government. The Alberta AQHI can be found here: <http://environment.alberta.ca/apps/aqhi/aqhi.aspx>

- Low Risk (1-3): Air quality is considered good, and outdoor activities can proceed as scheduled.
- Moderate Risk (4-6): Moderate air quality; activities can continue, but individuals with respiratory conditions should take precautions.
- High Risk (7-9): Play is permissible with caution and modified activities. Unhealthy for sensitive individuals and groups; consider rescheduling or modifying outdoor activities: shortening warm-up and practice times, modifying activities, or moving indoors. At-risk individuals, including those with respiratory or cardiovascular conditions, should not participate in outdoor baseball activities during High-Risk conditions.
- Very High Risk (10+): Play is not permissible for a Baseball Alberta Event. Very unhealthy; outdoor activities are to be rescheduled if possible, and individuals with health concerns should avoid prolonged exertion.

