



These guidelines are intended to ensure the safety and well-being of players, coaches, and spectators during Northwest Bakersfield Baseball games and practices.

Heat Index (HI) is the combination of air temperature and relative humidity that reflects how hot it feels to the human body. We will use the Heat Index forecast by the National Weather Service to determine practice and game conditions for our league this summer season. This will be based on the overall forecast for the given day. **ONLY EXCEPTION WILL BE GAMES/PRACTICES BETWEEN 8AM-12PM ON WEEKENDS.**

Daily Heat Index Forecast Levels and Guidelines:

- **Below 80°F:** No restrictions.
- **80°F to 89°F:**
 - Encourage frequent water breaks (every 15-20 minutes) for players.
 - Provide shaded areas for players to rest.
 - Coaches should monitor players for signs of heat illness.
- **90°F to 99°F:**
 - **Practices and games can be held, but with caution:**
 - Shorten practice or game duration.
 - Implement **mandatory** water breaks (every 10-15 minutes).
 - Provide cool-down periods with shade and water.
 - Allow players to remove non-essential clothing (e.g., helmets during breaks).
 - Coaches should be vigilant for signs of heat illness and be prepared to call off practices or games if necessary.
- **100-102°F:**
 - **Practices and games are strongly discouraged**
 - **If games must be played due to scheduling limitations:**
 - Games should be rescheduled to cooler times of the day if possible
 - Implement all recommendations from the 90°F-99°F range.
 - Closely monitor players and officiating crews.
 - Be prepared to call off the practice or game at any time if player safety is at risk.
- **103-105°F:**
 - 1hr practice **ONLY**, with light drills and no scrimmages
- **105°F Above:**
 - **NORTHWEST WILL BE CLOSED!**

Signs of Heat Illness:

- Headache
- Dizziness
- Nausea or vomiting
- Muscle cramps
- Fatigue
- Confusion
- Excessive sweating or lack of sweating

If a player shows signs of heat illness:

- Immediately remove the player from activity and move them to a cool, shaded area.
- Loosen clothing and encourage the player to drink fluids. Don't allow players to consume excessive amounts, pace hydration.
- Apply a cool towel to the head, neck, and groin.
- Monitor the player's condition. If symptoms worsen, call 911.

Additional Considerations:

- **Acclimatization:** During the first few weeks of hot weather, it is important to gradually increase practice duration and intensity to allow players to adjust.
- **Sun Protection:** Encourage players to wear sunscreen and hats during practices and games.
- **Hydration:** Players should be encouraged to drink plenty of fluids before, during, and after practices and games, even if they don't feel thirsty.
- **NO ENERGY DRINKS, these are precursors to heat related illnesses!**

Resources:

- National Athletic Trainers' Association (NATA) Position Statement:
<https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>

Disclaimer: These guidelines are intended to provide a framework for Northwest Bakersfield Baseball. The decision to postpone or cancel practices or games due to heat ultimately rests with league president and athletic trainers (if available).

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