



**Lexington-Fayette Urban County Government  
Division of Parks and Recreation**

**The following policy is for all full-time and part-time Division of Parks and Recreation employees, including umpires, tennis instructors, playground directors, camp directors, pool managers, and on-site supervisors. All special interest groups using Division of Parks and Recreation facilities are also requested to adhere to this policy.**

**SEVERE WEATHER POLICY**

The on-site supervisor must delay or cancel activity at the first sight or sound of lightning or thunder at the activity site. The site must be cleared immediately of all persons. If it is anticipated that the storm will pass, the activity may be resumed no sooner than thirty (30) minutes after the last sight of lightning or the last sound of thunder. If the severe weather is of great length or intensity, the on-site supervisor has the responsibility and authority to cancel the event. On-site supervisors are encouraged to learn the weather forecast prior to event time. Safety of the public is the most important factor in any decision.

## HEAT ADVISORY

The temperature and humidity should be factored into the Heat Index Calculation and Chart and a determination made as to the Heat Index. If schools/teams are utilizing a digital sling psychomotor that calculates the Heat Index, that number may be used to apply to the regulation table.

If a reading is determined whereby activity is to be decreased (above 95 degrees Heat Index), then re-readings would be required every thirty (30) minutes to determine if further activity should be eliminated or preventative steps taken, or if an increased level of activity can resume.

Using the following scale, activity must be altered and / or eliminated based on this Heat Index as determined -

### Under 95 degrees Heat Index

- All sports
- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes in duration
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action.

### 95 degrees to 99 degrees heat index:

- All sports
- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes in duration
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action.
- Contact sports and activities with additional equipment
- Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

### 100 degrees to 104 degrees Heat Index

- All sports
- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire:
- Mandatory water breaks every 30 minutes for 10 minutes in duration
- Ice down towels for cooling
- Watch/monitor athletes carefully for necessary action.
- Alter uniform by removing items if possible.
- Allow for changes to dry t-shirts and shorts.

- Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
- Postpone practice to later in day.
- Contact sports and activities with additional equipment
- Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.
- Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

#### Above 104 degrees Heat Index

- All Sports
- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.
- This procedure is to be used until such time as the temperature is below 80 degrees as no combination of heat and humidity at that level will result in a need to curtail activity.

#### **SUMMARY**

Though much more scientific information and other alternative methods for determining Heat Index and participation restrictions are being studied, these initial steps should help ensure the health and safety of the participants in sports. Adherence to these guidelines represents a conscious effort by the community to emphasize health and safety on a much higher level than any loss of competitive preparation.