

## **Atchison Recreation Heat Procedures**

**White Zone-** Heat index ranging from 85-95. Coaches are encouraged to make sure that players stay properly hydrated and that players are properly substituted for. No other measures taken.

**Yellow Zone-** Heat index ranging from 96-115. Players will be allowed extra time in the dugout in between each half inning. Coaches need to make sure that players are staying hydrated and also make sure there are no signs of heat exhaustion. Catchers will not be allowed to catch more than 2 consecutive innings.

**Red Zone-** If the heat index reaches 116 or higher, games will be pushed back 30 minutes from their scheduled start time. If, after 30 minutes, the heat index has not moved back into the playable range all games will be postponed for the evening.

You can sign up for weather related texts at [www.rainedout.com](http://www.rainedout.com) Search for Atchison Recreation, enter your cell number or email and then enter the pin sent to you. Please remember that temperature fluctuates throughout the day. We will do our best to send out information in a timely manner.