

# Tolono Park District

## Weather Related Policies

Adopted 9/9/2024

### Heat and Humidity

Required Use: These guidelines will be used by Tolono Park Board members and Park Activity Coordinators or their designees at all park district events when the air temperature is at least 80 degrees.

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity. Using a device that can automatically calculate heat index, like a digital sling psychrometer, is recommended. Record the readings in writing and maintain the information in files of the park district.
2. Factor the temperature and humidity in the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.
3. If the Heat Index is:
  - a. **Below 95 degrees**
    - i. All sports
      1. 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.
      2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned event officials.
      3. Ice---down towels for cooling.
      4. Watch/monitor athletes carefully for necessary action
  - b. **Between 95---99 degrees**
    - i. All sports
      1. 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.
      2. **Recommended water breaks (example: every 30 or 40 minutes for 5---10 minutes in duration)** Coordinate breaks with assigned contest officials.
      3. Ice---down towels for cooling.
      4. Watch/monitor athletes carefully for necessary action
    - ii. Contact sports and activities with additional protective equipment (in addition to the above measures)
      1. Helmets and other possible equipment removed while not involved in contact.
    - iii. Reduce time of outside activity. Consider postponing activity to later in the day.
    - iv. Recheck air temperature and humidity every 30 minutes to monitor for increased Heat Index.

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## c. Between 100 (more than 99 degrees)---104 degrees

### i. All sports

1. 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.
2. Mandatory water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
3. Ice---down towels for cooling.
4. Watch/monitor athletes carefully for necessary action
5. Alter uniform by removing items if possible.
6. Allow for changes to dry t---shirts and shorts.
7. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
8. **Consider postponing** activity to later in the day or another day.

### ii. Contact sports and activities with additional protective equipment (in addition to the above measures)

1. Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

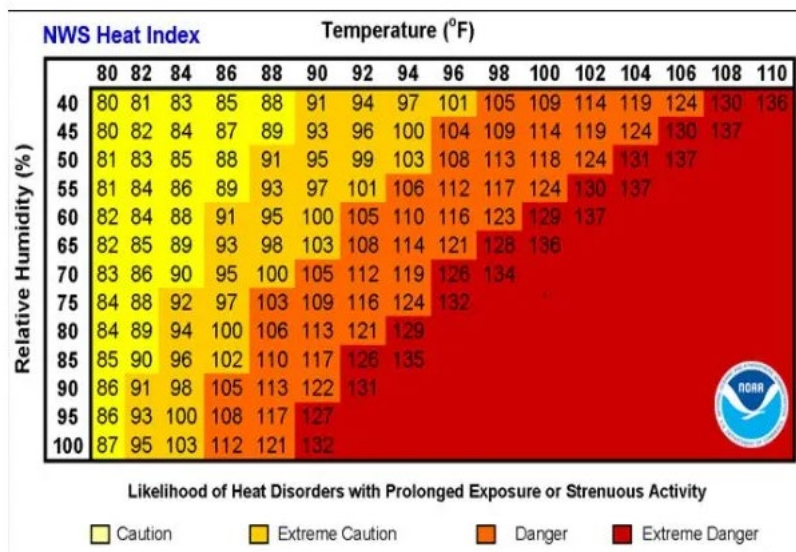
### iii. Recheck air temperature and humidity every 30 minutes to monitor for increased Heat Index.

## d. Above 104 degrees

### i. All sports

1. Stop all outside activity and stop all inside activity if air conditioning is unavailable.

NOTE: When the air temperature is below 80 degrees, there is no combination of heat and humidity that will result in need to curtail activity or implement this policy.



NWS Heat Index Chart

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## **Severe Storm/Lightning Policy**

Required Use: These guidelines will be used by Tolono Park Board members and Park Activity Coordinators or their designees at all park district events when there is severe storm and lightning.

1. When thunder is heard, or lightning is seen, play must be suspended for at least 30 minutes and spectators and players must vacate the outdoor activity to a designated safer location immediately. Safe areas include any fully enclosed building. In absence of that, athletes and players should go to any vehicle with a hard metal roof.
2. Once play has been suspended, there will be at least a 30-minute wait after the last thunder is heard or lightning is witnessed before resuming play.
3. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count will begin.

When looking at the radar if severe weather/lightning is predicted to linger in the area for an extended period of time, the supervisor or referee/umpire may use their discretion to cancel the event.