

Quincy Park District Extreme Heat Policy

Youth Sports/Lessons:

The Quincy Park District will check the National Weather Service (NWS) forecast for heat index and temperature at 3pm for the 5pm time period. Based on this forecast the following actions will be taken:

(NOTE: If an event is scheduled to start earlier than 5pm the forecast for the event will be checked 2 hours before the event)

Heat Index: (At all heat index levels, youth games or lessons (except swimming) will be cancelled when the air temperature is forecast be 100 or above at 5pm)

95-99:

1. Coaches and parents encourage participants to drink water
2. Catchers may not catch more than 3 innings in a row
3. A water break is required at least every 20 minutes- a break is required during the inning if a half-inning exceeds 20 minutes.
4. Coaches/Parents monitor players and direct substitution and rest based on the actual experience reaction of the players to the conditions encountered.

100-104:

1. Following 1-4 on 95-99-degree weather.
2. Game time and lesson times are reduced by 15 minutes.

105 or above:

1. All Youth games and lessons (except swimming) are cancelled.
2. This information is posted on Social Media and on the rain-out hotline (217-223-9625) no later than 3:30pm.

Adult Sports:

For safety of participants, officials and instructors all outdoor sports events and lessons will be cancelled when the heat index is forecast to be 110 or above at 5pm.

At lower heat levels adults are responsible for determining their level of participation during extreme heat.

Quincy Park District Severe Storm/Lightning Policy

Youth Sports/Lessons:

The Quincy Park District has adopted the **ISHA Severe Weather Safety Guidelines** and the **National Severe Storms Laboratory (NSSL)** recommendations for our Thunderstorm/ Lightning policy.

- 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.
- 4) The Quincy Park District will monitor for severe weather/lightning using the **My Lightning Tracker and Alerts App** and if lightning/thunder is detected within 10 miles of the event, play will be suspended. Hearing or seeing lightning, however, always takes precedence over information from the app.

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.