



# EDHLL Heat & Air Quality Policy & Procedures

*Approved by the Board of Directors on September 22, 2022*

El Dorado Hills Little League (EDHLL) is located in an area where hot weather and air quality are significant concerns at certain times of the year. Per our mission to provide the safest baseball experience for youth athletes in our community, and aligning with the guidance of local, state and national health organizations, EDHLL has adopted the following policy regarding excessively warm temperatures and unhealthy air quality events.

## POLICY

### *Heat Policy*

Heat-related illness, including heat cramps, heat exhaustion and heat stroke, can develop quickly in children during physical exertion and can be potentially life-threatening. It is absolutely essential that all coaches (and parents/families) are aware of the signs of heat-related illness. When recognized early, it can be quickly treated with cooling and hydration; thus the most effective tool at our disposal is preventing heat illness. EDHLL's safety website (<https://www.edhll.com/safety>) contains pertinent information about adequate hydration for youth athletes before and during physical exertion, tips and tools for keeping athletes cool during practices and games and how to recognize the signs and symptoms of heat illness.

In addition to our focus on preventing heat illness in our youth athletes, upon registration, all EDHLL members agree to the following heat policy:

1. If the heat index is 103°F or higher as reported on [www.weather.gov](http://www.weather.gov),<sup>1</sup> EDHLL will cancel all activities for safety reasons.
2. If the heat index is 90-102°F, the following modifications will be made to practices and games:
  - a. Take at least a 4-5 minute water break in the shade every 15 minutes.
  - b. Consider limiting the activity to 1 hour total.
  - c. No heavy exertion activities (e.g., sprinting, base running, heavy lifting, etc.).
3. All adults present (coaches, parents, etc) are responsible for monitoring players for signs of heat illness such as: weakness, fatigue, dizziness, nausea and/or headache. Please refer to the [CDC Heat Illness](#) document for more information. If a player is exhibiting any sign(s) of heat illness, they should be immediately removed to the shade, cooled and hydrated with water.
4. If symptoms progress to altered mental status, confusion or loss of consciousness (signs of heat stroke), call 9-1-1 and begin rapid cooling immediately (cold water immersion, eating ice slush, etc). Do not wait to cool the player until EMS arrives, begin rapid cooling right away.
5. Parents/families are encouraged to keep their children home from practices and/or games if they are uncomfortable sending them under the current weather conditions.

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<sup>1</sup> See Appendix A for detailed instructions to locate the heat index measurement. The National Weather Service is a branch of the National Oceanic and Atmospheric Administration, a Department of Commerce government agency that provides weather, hydrologic and climate data for the United States.

(<https://www.weather.gov/media/mkx/general/noaa-nws-who-we-are.pdf>)

**The safety of our youth athletes is EDHLL's #1 priority. Coaches and families will always have the full support of the league to act in the best interests of their players.**

### *Air Quality Policy*

The air quality index (AQI) is the EPA's index for measuring air quality. The AQI is divided into six categories; each category corresponds to certain health risks. As the AQI increases, the corresponding health risks increase.

The league's current air quality policy aligns with District 54's weather policy, which states that at air quality index (AQI) levels of 150 or higher (from [www.purpleair.com](http://www.purpleair.com)) all Little League activities must be canceled or postponed ([D54 Weather Safety Policy](#)).

EDHLL recommends that at AQI levels of 101-150 activities are adjusted, postponed or canceled based on local conditions and the age of players involved. **Note: Managers should first consult with the Safety Committee prior to canceling or postponing a game as follows:** first contact the President; if unable to reach the President, contact the VP of Operations; if unable to reach both of the above, then contact the Safety Officer. Again, the safety of our youth athletes is EDHLL's #1 priority, and coaches will always have the full support of the league to act in the best interests of their players.

## PROCEDURES

In the event EDHLL needs to postpone or cancel outdoor activities due to high temperatures or unhealthy air quality, the following procedures will be in effect:

1. The safety committee, consisting of the league President, Vice-President of Operations and the Safety Officer, will determine if and when EDHLL activities will be canceled for safety reasons as outlined above.
2. A decision regarding the cancellation of games will be made at two points during the day: the first at 90 minutes prior to the first scheduled morning game, and the second at 90 minutes prior to the first scheduled afternoon game.
3. All team managers and board members will be notified by email of the details of cancellation.
4. Team managers will notify their team members as per their team communication policy (email, TeamSnap, text group, etc.).
5. The safety committee will inform the league information coordinator of the decision(s) and they will post the notice of cancellation on EDHLL social media outlets and notify all league members via an email blast.

## References

National Weather Service: Who We Are (<https://www.weather.gov/media/mkx/general/noaa-nws-who-we-are.pdf>)

National Weather Service: What is the Heat Index? (<https://www.weather.gov/ama/heatindex>) [Appendix B]

CDC Warning Signs and Symptoms of Heat-Related Illness  
([https://www.cdc.gov/disasters/extremeheat/pdf/Heat\\_Related\\_Illness.pdf](https://www.cdc.gov/disasters/extremeheat/pdf/Heat_Related_Illness.pdf))

California District 54 Little League, Weather Policy  
(<https://www.ca54littleleague.com/Default.aspx?tabid=2746344>)

Air Quality Index Basics (<https://www.airnow.gov/aqi/aqi-basics/>) [Appendix C]

Appendix A: Locating the Heat Index Measurement on [www.weather.gov](http://www.weather.gov)

Go to [www.weather.gov](http://www.weather.gov) and enter "95762" to search for a local forecast.



NATIONAL WEATHER SERVICE  
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

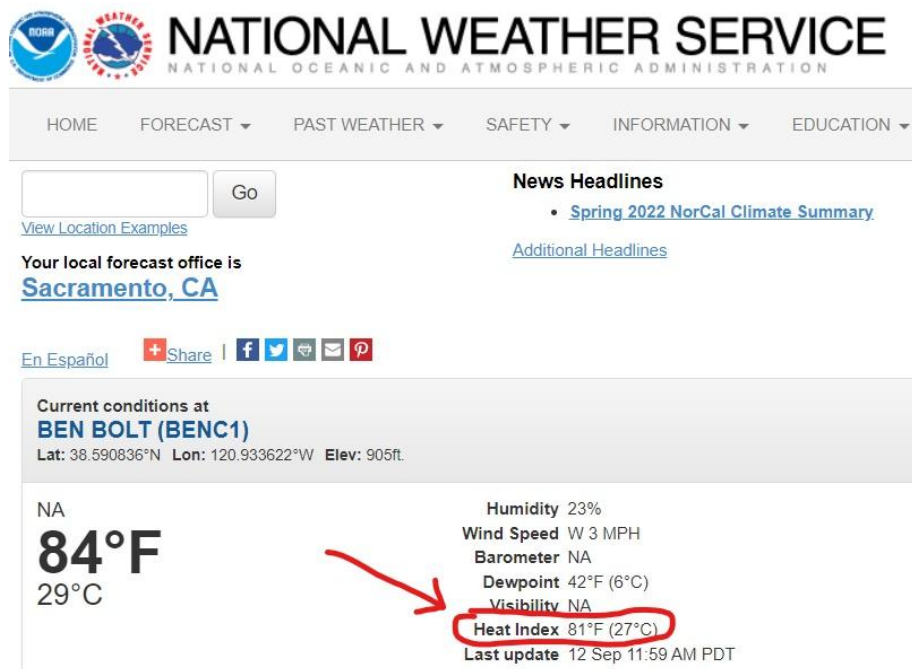
HOME FORECAST PAST WEATHER SAFETY INFORMATION EDUCATION

Local forecast by "City, St" or ZIP code  
Enter location ...   
[Location Help](#)

**Heavy Rainfall Potential for Several Areas of the Country**  
There remains a risk of excessive rainfall for parts of the Midwest, Great Lakes, Mid-A slowly eastward through Tuesday. Meanwhile, tropical moisture over parts of the Great heavy rainfall and flooding. A frontal boundary across the Sunshine State will focus sh week. [Read More >](#)

WRN ACTIVE ALERTS FORECAST MAPS RADAR RIVERS, LAKES, RAINFALL AIR C

Locate the Heat Index on the results page.



NATIONAL WEATHER SERVICE  
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

HOME FORECAST PAST WEATHER SAFETY INFORMATION EDUCATION

[View Location Examples](#)

Your local forecast office is [Sacramento, CA](#)

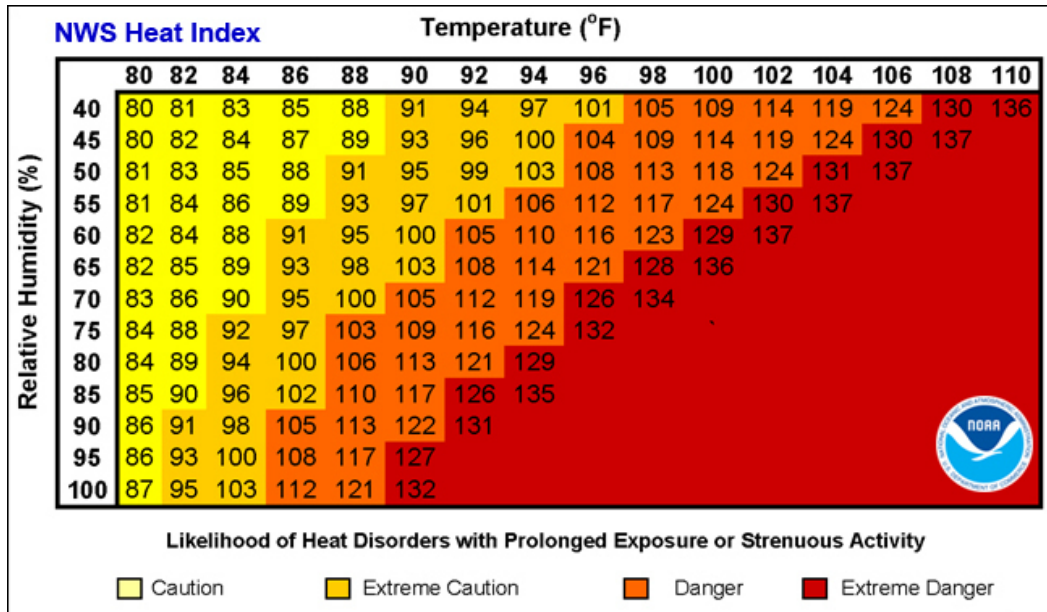
En Español  [f](#) [t](#) [e](#) [m](#) [p](#)

Current conditions at **BEN BOLT (BENC1)**  
Lat: 38.590836°N Lon: 120.933622°W Elev: 905ft.

NA  
**84°F**  
29°C

Humidity 23%  
Wind Speed W 3 MPH  
Barometer NA  
Dewpoint 42°F (6°C)  
Visibility NA  
**Heat Index 81°F (27°C)**  
Last update 12 Sep 11:59 AM PDT

## Appendix B: What is the Heat Index?



Classification	Heat Index	Effect on the Body
Caution	80-90°F	Fatigue possible with prolonged exposure and/or physical activity.
Extreme Caution	90-103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103-124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely

## Appendix C: Air Quality Index

AQI Category & Color	Index Value	Description of Air Quality
Good Green	0 - 50	Air quality is satisfactory, and air pollution poses little or no risk.
Moderate Yellow	51 - 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups Orange	101 - 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Unhealthy Red	151 - 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy Purple	201 - 300	Health alert: The risk of health effects is increased for everyone.
Hazardous Maroon	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.