

# Missoula Softball Association/Montana Softball Association (Collectively, “MSA”) Recommended Heat Safety Guidelines

## TIER 1 (Under 95° Heat Index)

- Players & umpires should ensure that they are staying hydrated- take in as much water as they desire.
- Rest when needed.

## TIER 2 (95° to 103° Heat Index)

- Players & umpires should ensure that they are staying hydrated- take in as much water as they desire.
- Players & umpires should not consume any alcohol.
- Rest when needed.
- Remove excess layers to reduce chance of overheating.
- If possible, bring a change of clothing.
- Players & umpires should monitor each other for signs of increased fatigue, sweating, or pale skin.
- When not actively in the field, players & umpires should be in shaded areas.
- Between games, players & umpires should be off of the fields and in shaded areas.
- MSA will check in with teams to maintain player safety.
- MSA will continually monitor environmental conditions, and post updates to their digital channel(s).

## TIER 3 (104° Heat Index and Above)

- MSA will cancel or postpone all outdoor activities until conditions improve.

\*A note about the heat index: The heat index, also known as the apparent temperature, is what the temperature feels like to the human body when relative humidity is combined with the air temperature.