



CITY OF VACAVILLE

PARKS AND RECREATION DEPARTMENT

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Youth Sports Protocol

Vacaville is blessed to have relatively consistent weather throughout the year. However, the summer months can get very hot, and it is our number one priority to ensure the safety of our participants. Hot, dry weather can be extremely dangerous. Because sweat evaporates very quickly in such conditions, your child won't feel sweaty, and neither you nor your child may recognize how much water he or she has lost. Therefore, it is imperative that everyone be observant, use their best judgment, and follow the below guidelines to limit the possibility of heat related illness affecting our kids.

The information provided is taken from Vanderbilt University School of Medicine's recommendations on Heat Related Illnesses.

Heat Index (air temperature & humidity): Is how we determine the playability of practices and games.

Heat Index under 95° All sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action

Heat Index 95° to 99° All sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Reduce time of outside activity. Consider postponing practice to later in the day
- Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index

Heat index 100° to 104° All sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Alter uniform by removing items if possible
- Reduce time of outside activity as well as indoor activity if air conditioning unavailable
- Postpone practice to later in day if possible

Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index

Heat index above 104° All sports:

- Stop all outside activity in practice and/or play and stop all inside activity if air conditioning is unavailable.

Game schedules and practice recommendations:

- The games are scheduled for 1 hour time length in the evenings, thereby limiting the participant's exposure to the elements.
- The games are all scheduled at Keating Park which offers the maximum amount of shade.
- Limit practice time to 1 to 1.5 hours per day, 3 days per week, and consider holding practices later in the day and at parks with plenty of shade accessibility.
- Coaches and staff have been asked to use discretion to limit participant's exertion levels.

How to be proactive:

- Make sure you hydrate your child with water, fruit or vegetable juices prior to the game, during the game and after the game.
- Be aware of your child's level of exertion and use your judgment to decide when it is becoming too much for your child.
- Don't forget to put plenty of sunscreen on your child before coming to the game and remind them to wear their hat throughout the entire game.

What to look for:

- Headache
- Dizziness
- Rapid pulse
- Nausea/Vomiting/Diarrhea
- Skin is flushed/cool and pale
- Disoriented/confusion
- Shallow breathing
- Muscle cramping
- Red, dry skin
- Seizures
- Loss of consciousness/Collapse
- Unusual behavior/Irritability

Basic First Aid for Heat Illness- Cooling Procedures

1. Move the child to a shaded area. Air conditioned room if available.
 2. Remove equipment and unnecessary clothing.
 3. Lay child on their back with legs elevated.
 4. Massage ice water soaked towels on athletes head and legs.
 5. Ice packs to the neck, arm pits, and groins.
 6. Have child drink fluids if able.
- * Ice water bath is the fastest way to cool an athlete with exertional heat illness, if available.
 - * Stop Cooling procedure after core body temperature reaches < 102 degrees (F).

If ever in doubt call 911 immediately!

If you have questions or concerns regarding the above information, please contact us at the numbers listed below. For more information and weather updates follow us on social media:

Instagram & Facebook: @vacavillerec

We strive to offer quality programs and activities for your children in a safe and fun environment. We look forward to having a fantastic T-Ball season.

Heat Cancelation Hotline: 707-469-4035

Victoria Williams-Jones, Recreation Coordinator: 707-469-4008