

COLES LITTLE LEAGUE WEATHER POLICY

On cold weather days:

No

If it is 20 degrees or below there will be no games or practices

Use Caution

If the weather is between 20 degrees and 32 degrees, we will proceed with games and practices provided there is no wind chill warning or rain or snow.

Proceed

If it is above 32 degrees games and practices can proceed provided there is no wind chill warning, snow, or rain.



On Hot and Humid weather days:

No

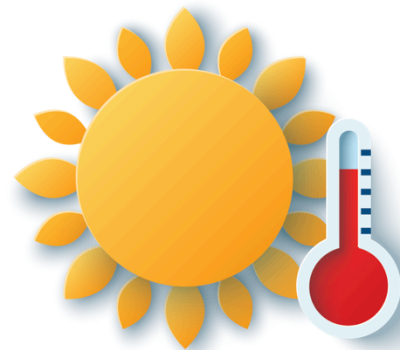
If the heat index is 96 degrees or above there will be no practice or games.

Use Caution

If the heat index is 91-95 degrees, you must use extreme caution if your practice or games go forward. You must check that members of your team are not affected by extreme heat with certain health conditions. For example, heat sensitivity, asthma or allergies.

Proceed

If the heat index is 90 degrees or below games and practices may proceed.



Here are some other weather-related factors to consider.

HEAT AND HUMIDITY:

Regardless of whether your region experiences dry heat or high levels of humidity, when the temperature rises, caution must be exercised. If a player is thirsty, it's a sign that they are already dehydrated. Encourage players to drink at least eight (8) ounces of water or Gatorade drink at least every 15 minutes and find ways to give players a break in the shade. Heat-related injuries are some of the easiest weather issues to prevent.

THE SUN:

Sunlight can have damaging effects on the skin. Not only is a sunburn painful, but each instance of such an injury can increase someone's chances of developing skin cancer. The Sun Protection Factor (SPF) of a sunscreen indicates how many times longer it takes for the user to develop skin damage from the sun. Be sure parents are properly protecting their kids by ensuring they apply sunscreen while dressing for a game or practice, even under their uniforms. Sunscreen should be reapplied frequently, at least on the arms and face, as sweating can wash it away.

THUNDER AND LIGHTNING:

The adage "If you hear it, clear it; if you see it, flee it" is an important one. Baseball and softball fields are big, open spaces, which are susceptible to potential lightning strikes. A strike can hit from up to 10 miles away, which means it could happen before you even see dark clouds in the sky. The only way to be as prepared as possible for a thunderstorm is to monitor the weather. If a storm should strike, have everyone head to an enclosed space. Cars are also safe. Shelter houses without walls and dugouts are NOT safe places. Be sure to wait at least 30 minutes after the storm to begin resuming activities, being sure to monitor the weather anyway you can. Little League uses the WeatherBug app for officially determining Lightning Protocol.

