



BC Amateur Baseball Association

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Heat Policy

(1.0) Introduction

Baseball BC believes in fostering a safe, welcoming, and inclusive environment for participants. When making decisions related to severe weather, the health and safety of participants shall be of the utmost concern. This document will detail Baseball BC's recommendations for responding to extreme heat.

Further information on heat safety can be found at: <https://www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html>.

(2.0) Individual Strategies for Reducing Risk of Heat Illness

To reduce the risk of heat illness, the following strategies are recommended to participants:

- Stay hydrated
- Use sunscreen
- Wear loose fitting, light colored, breathable clothing
- Take frequent breaks
- Avoid direct sunlight, when possible
- Wearing sunglasses that have UVA and UVB protection

(3.0) Monitoring Athletes

It is important to continually monitor athletes for symptoms of heat illness. Typical symptoms of heat illness include, but are not limited to:

- Flushed face
- Shortness of breath
- Dizziness
- Nausea
- Headache
- Extreme thirst
- Confusion or agitation



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(4.0) Recommended Adaptations to Team Activities

(4.1) Temperature Under 29C

At this temperature range, adaptations to team activities are typically not required. Participants should consider the individual strategies listed in section 2.0.

(4.2) Temperature from 30C to 35C

At this temperature range the following team adaptations are recommended:

- Consider reducing the length of warm-up; for example, cancelling batting practice
- Consider playing with a time limit
- If dugout areas are not shaded, consider creating shade for athletes with tents and tarps

(4.3) Temperature from 35C to 39C

At this temperature range, the following team adaptations are recommended, in addition to those found in section 4.2:

- Consider rescheduling activities for early morning or late evening when the temperature may be lower
- Consider playing under lights in the late evening when there is no direct sunlight
- Consider playing a single game instead of a doubleheader
- Consider scheduling umpires for only one game. In the case of a doubleheader with four umpires not available, consider having umpires work one game solo.

(4.4) Temperature 40C Plus

At this temperature range, strong consideration should be given for cancelling activities.