

Fish Creek Little League



BASEBALL

WEATHER CONDITIONS

Lightning

At the first sign of any lightning, stop the game or practice and seek shelter. Stay away from metal fencing (including dugouts)! Also, avoid trees, poles and other high objects. Do not hold a metal bat. Walk, don't run, to your car and wait for a decision on whether or not to continue the game or practice. Play can commence 30 min after the last time lightning was seen.

Heat

Anytime the temperature is above 32 degrees C, provide plenty of water, shade and rest periods during games and practices. Encourage players to drink small amounts frequently. If you observe any player exhibiting signs of heat related illness (cramps, fatigue, light-headedness, nausea, vomiting or headache), you must remove the player from the field immediately, place in shade and hydrate. If symptoms do not improve immediately, seek prompt medical aid. If there is a heat warning or dangerous levels of heat mixed with humidity, managers and umpires should discuss rescheduling the game. The Safety Officer and UIC may cancel games due to Heat Index.

Drinking Guidelines for Hot Day Activities

Before	Drink 8 oz. immediately before exercise
During	Drink at least 4 oz. every 20 minutes
After:	Drink 16 oz. for every pound of weight lost
Dehydration signs:	Fatigue, flushed skin, light-headed.
What to do	Stop exercising, get out of sun, drink hydrating fluids
Severe signs:	Muscle spasms, clumsiness, delirium

Extreme Heat Events (EHE) Activity Chart

Humidex Value	Discomfort at rest	Risk of overhaeting during exercise	Activity Modification
Below 24 C	None	Low	N/A
25C to 29C	None	Low to Moderate	Drink Breaks should be considered
30C to 34C	Some	Moderate - Athletes should be monitored	Drink Breaks OR Cooling Breaks midway through each half
35C to 39C	High	High - Athletes should be monitored closely	Cooling Breaks midway through each half AND consider reduced game length or cancellation
40C +	EXTREME	EXTREME	ALL ACTIVITY CANCELLED

AHS uses this link to educate how to identify a heat stroke and how to respond:

<https://albertahealthservices.ca/news/heat.aspx>

Cold

Games are not played if the temperature is *5 degrees Celsius or less*.

If in doubt regarding the weather, first confirm if the fields are in playable condition, verify this with the Safety Officer. At the start of our season the weather can be cold. Make sure players have jackets or sweaters to wear to keep their arms warm when in the dugout and properly warm up prior to taking to the field.

Rain/Mud

Playing on wet or muddy fields creates an obvious safety hazard for players. The balls become wet and muddy; the pitchers and players cannot control them. Footing is slippery on infields, particularly on the pitching mound and around the bases. Pools of water develop in outfield areas, creating muddy, unstable footing. Further use in this condition causes ruts and holes that are hazardous and place players at much higher risk for injuries. If in doubt on whether the fields are in playable condition, verify with the Diamond Director that they are suitable for play, and if necessary, reschedule the game or practice.

Air Quality

Fish Creek Little League's wishes to inform you that High Risk (Level 7) as determined by the Government of Canada's Air Health Quality Index or higher will be considered **unplayable conditions**, and all games will be canceled (all fields/diamonds will be closed).

During moderate air quality levels (4 thru 6,) the determination to play games will rest completely with the responsible parties for the event and with the individual families and players. Fish Creek Little League supports any decisions made in mutual agreement by head coaches with a scheduled game to reschedule for another date and time, subject to diamond and umpire availability. Fish Creek Little League will attempt to accommodate rescheduling games and other events that may need to be rescheduled due to air quality, such as team practices. Please note that Fish Creek Little League cannot guarantee diamond and/or umpire availability under these circumstances.

Fish Creek Little League fully supports the decisions made by any player and/or their family to be absent from an event due to health concerns, especially if underlying medical conditions exist. Fish Creek Little asks all families to update their player(s) status for games and team events for this evening ASAP so coaches can properly prepare for tonight's events and/or discuss with other coaches as appropriate to make informed determinations about plans for tonight.

Fish Creek Little League strongly encourages openness with the team's coaches and umpires if present should a player choose to attend despite concerns, and requests that a parent or guardian remain in attendance with the player to monitor the player's well-being. In the same regard, the parent or guardian is to be responsible for supervising and/or appropriately administering the players medication(s) if required.

During situations where play is occurring while the location is under an Air Health Quality Index of 1-6, all coaches and spectators are advised to be vigilant with early identification of symptoms of poor air quality affecting any individual present, not limited to players, coaches, umpires, and spectators. Symptoms of poor air quality include coughing, dry eyes/noses/mouths, aggravation of asthma, difficulty breathing, chest pains, irregular breathing patterns, wheezes, shortness of breath and uncomfortable awareness of breathing. Individual symptoms presenting themselves may not be serious on their own and should be responded to by seeking shelter in an indoors environment as soon as possible. In the event of an individual experiencing three symptoms or more, or otherwise severe forms of any symptom, may be a reason to seek medical help. Fish Creek Little League encourages any individual identifying an emergency to call 9-1-1 immediately.

Fish Creek Little League will continue to monitor the Government of Canada Air Health Quality Index throughout the day and will let all participants know if games are cancelled for the evening. For anyone who is interested please find the link to Government of Canada Air Health Quality index for a more in-depth description of the Air Health Quality or the Air Quality level.

https://weather.gc.ca/airquality/pages/abaq-002_e.html



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Understanding Air Quality Health Index messages

The **AQHI** uses a scale to show the health risk associated with the air pollution we breathe.

The following table provides the health messages for 'at risk' individuals and the general public for each of the **AQHI** Health Risk Categories.

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population*	General Population
Low	1 - 3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate	4 - 6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High	7 - 10	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High	Above 10	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

* People with heart or breathing problems are at greater risk. Follow your doctor's usual advice about exercising and managing your condition.

***If games or practices are to be cancelled, an email will be sent from Fish Creek's Safety Officer by 4 p.m. on the weekdays and 8:30 a.m. on weekends for morning games and 12:30 p.m. on weekends for afternoon games, stating that diamonds are closed. If the weather takes a turn after these times, it is up to the coaches and umpires to decide if the game should proceed. Factors to consider are field conditions and weather.**