

City of Fort Collins Parks and Recreation Department

Severe Heat/Humidity Policy

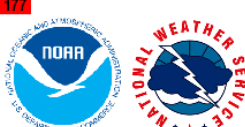
The Fort Collins Parks and Recreation Department wants to ensure the safety and well-being of our participants and staff. In cases of extreme heat/humidity, the department will take into consideration temperatures and heat index to make a final decision on the participation in City programs/practices/games and outdoor activities; their decision will be final!

Severe Heat/Humidity Policies and Procedures

- The Recreation Department will monitor the heat index by using the National Weather Service and <http://www.fcgov.com/weather/>.
 - The recreation department will periodically check the heat index when the weather is forecasted to be in danger and extreme danger.

- Based on the readings/warnings and information obtained program decisions will be made as followed:

		Relative Humidity (%)																			
		5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
80		77	78	78	79	79	79	80	80	80	81	81	82	82	83	84	84	85	86	86	87
81		78	79	79	79	79	80	80	81	81	82	82	83	84	84	85	86	86	87	88	90
82		79	80	80	80	80	81	81	82	83	84	84	85	86	88	89	90	91	93	95	
83		79	80	80	81	81	81	82	82	83	84	85	86	87	88	90	91	93	95	97	
84		80	81	81	81	82	82	83	83	84	85	86	88	89	90	92	94	96	98	100	
85		81	81	82	82	82	83	84	84	85	86	88	89	91	93	95	97	99	102	104	
86		81	82	83	83	83	84	85	85	87	88	89	91	93	95	97	100	102	105	108	
87		82	83	83	84	84	85	86	87	88	89	91	93	95	98	100	103	106	109	113	
88		83	84	84	85	85	86	87	88	89	91	93	95	98	100	103	106	110	113	117	
89		84	84	85	85	86	87	88	89	91	93	95	97	100	103	106	110	113	117	122	
90		84	85	86	86	87	88	89	91	92	95	97	100	103	106	109	113	117	122	127	
91		85	86	87	87	88	89	90	92	94	97	99	102	105	109	113	117	122	126	132	
92		86	87	88	88	89	90	92	94	96	99	101	105	108	112	116	121	126	131		
93		87	88	89	89	90	92	93	95	98	101	104	107	111	116	120	125	130	136		
94		87	89	90	90	91	93	95	97	100	103	106	110	114	119	124	129	135	141		
95		88	89	91	91	93	94	96	99	102	105	109	113	118	123	128	134	140			
96		89	90	92	93	94	96	98	101	104	108	112	116	121	126	132	138	145			
97		90	91	93	94	95	97	100	103	106	110	114	119	125	130	136	143	150			
98		91	92	94	95	97	99	102	105	109	113	117	123	128	134	141	148				
99		92	93	95	96	98	101	104	107	111	115	120	126	132	138	145	153				
100		93	94	96	97	100	102	106	109	114	118	124	129	136	143	150	158				
101		93	95	97	99	101	104	108	112	116	121	127	133	140	147	155					
102		94	96	98	100	103	106	110	114	119	124	130	137	144	152	160					
103		95	97	99	101	104	108	112	116	122	127	134	141	148	157	165					
104		96	98	100	103	106	110	114	119	124	131	137	145	153	161						
105		97	99	102	104	108	112	116	121	127	134	141	149	157	166						
106		98	100	103	106	109	114	119	124	130	137	145	153	162	172						
107		99	101	104	107	111	116	121	127	134	141	149	157	167							
108		100	102	105	109	113	118	123	130	137	144	153	162	172							
109		100	103	107	110	115	120	126	133	140	148	157	167	177							
110		101	104	108	112	117	122	129	136	143	152	161	171								
111		102	106	109	114	119	125	131	139	147	156	166	176								
112		104	107	111	115	121	127	134	142	150	160	170	181								
113		104	108	112	117	123	129	137	145	154	164	175									
114		105	109	113	119	125	132	140	148	158	168	179									
115		106	110	115	121	127	134	143	152	162	173	184									
116		107	111	116	122	129	137	146	155	166	177										
117		108	112	118	124	132	140	149	159	170	181										
118		108	113	119	126	134	142	152	162	174	186										
119		109	114	121	128	136	145	155	166	178											
120		110	116	122	130	138	148	158	170	182											
121		111	117	124	132	141	151	162	174	187											
122		111	118	125	134	143	154	165	178												
123		112	119	127	136	146	157	169	182												
124		113	120	129	138	148	160	172													
125		114	121	130	140	151	163	176													



Heat Index

Extreme Danger	Heat stroke likely.
Danger	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Caution	Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Caution	Fatigue possible with prolonged exposure and/or physical activity.

- **Heat index of 80-89** (Considered low to moderate risk) May proceed with scheduled outdoor activity but parents/coaches/volunteers/staff will monitor all participants closely
- **Heat index of 90-104** (Considered moderate risk) Use extreme caution when performing outside activities. Proper fluid intake, rest and breaks should be added into activity time. The department will recommend scheduled water breaks every 20-25 minutes, to reduce time of activity and/or be modified to be less physically exhausting.
- **Heat index of 105-114** (Considered high risk) Coaches/parents/volunteers and staff need to use extreme caution. Water breaks will be recommended to schedule every 15-20 minutes. Cancellation or relocation of activities will be considered when temperatures reach this extreme.
- **Heat index of 115-130+** (Considered very high) Cancellation or relocation to an indoor facility for all activities will be put into effect as this level is too extreme to accommodate physical activity, proper fluid intake and body maintenance.

Heat Exhaustion Awareness

Due to extreme temperatures, the Fort Collins Parks and Recreation Department wants to make participants, parents, coaches, and staff aware of heat exhaustion.

Definition: Heat exhaustion is a heat-related illness that may occur after a person has been exposed to high temperatures for several days and has developed dehydration, which is an inadequate or imbalanced replacement of the fluids and electrolytes a person loses through excessive sweating. There are two types;

- Water depletion- signs include excessive thirst, weakness, headache, and in extreme cases loss of consciousness.
- Salt depletion- signs include nausea, vomiting, muscle cramps and dizziness

Signs & Symptoms:

Confusion
 Dark - colored urine
 Dizziness
 Fainting
 Fatigue
 Headache
 Muscle cramps
 Nausea
 Pale skin
 Profuse sweating

Rapid heartbeat

If a participant has any of the signs and symptoms mentioned above, please pull them from any activity and do the following immediately;

- Move to an air-conditioned and/or shaded area
- Remove excess clothing and equipment
- Cool athlete by giving fluids, using ice bags on head, arm pits and groin area
- Have the athlete lie comfortably on their back with their legs propped above heart level
IMPORTANT: If the athlete is not nauseated and/or vomiting, cold water or a sports drink (i.e. Gatorade, Powerade) should be consumed to compensate electrolyte and fluid loss. If athletes' condition doesn't improve rapidly, athlete should be transported for emergency medical treatment.

Heat Cramps

Due to extreme temperatures, the Fort Collins Parks and Recreation Department wants to make participants, parents, coaches and staff aware of heat cramps.

Definition: Heat cramps is a heat-related illness related to low sodium and chloride levels.

Signs & Symptoms: Intense muscle pain not associated with the pulling or over stretching of a muscle and persistent episodes of tightness during and after physical activity.

If an athlete is suffering from the above signs and symptoms, please pull them from any physical activity and do the following immediately:

- Gently stretch and massage affected area
- Immediately consume a sports drinks containing sodium IMPORTANT: The athlete is allowed to continue play once the cramp has gone away, and the athlete feels that they can physically perform again.