

Heat Index Guidelines

Novi Parks, Recreation and Cultural Services

Novi Parks, Recreation & Cultural Services has implemented the following guidelines for programs with extreme heat. It is designed to provide participants with a standard for safe play in situations of extreme heat.

The two values that Novi PRCS will take into account when modifying or canceling programs are air temperature and relative humidity. The combination of these two elements reflects the heat index. We will rely on the heat index reading that is updated hourly by the National Weather Service.

Novi PRCS has defined five heat index zones. These zones are based on recommended guidelines published by the American College of Sports Medicine (ACSM) for participation in sports activities during periods of extreme heat. Because the heat index does not take into account wind and direct sunlight, two degrees will be added to the stated heat index on sunny and still days. Likewise, two degrees will be subtracted on cloudy and windy days.

Heat index of 65-80 degrees. In this range, the participant is in very little danger from heat and no special measures will be taken by Novi PRCS.

Heat index of 81-93 degrees. In this range at sport programs, coaches will be encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices. At all other programs, counselors and site supervisors will make sure participants are properly hydrated and frequent breaks will be given.

Heat index of 94-100 degrees. In this range, Novi PRCS will implement the following at all programs: Yellow Zone Measures; water coolers at each program; catchers of youth baseball/softball can only catch two innings in succession. If it is a practice day, coaches are instructed to keep players well hydrated and to take frequent breaks.

Heat index ranging of 101-110 degrees. In this range, the Novi PRCS will implement the following at all programs: Yellow and Orange Zones measures; the length of programs may be modified according to the discretion of both coaches in regards to a sports program; or a counselor/site supervisor for all other programs. Cancellations are at the Recreation Supervisor's discretion as well.

If it is a practice day, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated by having them drink water.

Heat index above 110. In this range, Novi PRCS will cancel all games, practices and programs until the heat index returns to 110 or below. Notification will be given through the weather hotline and signage at the specific program location.

Note - During the course of the day, the heat index will rise and fall depending upon the time of day, amount of wind, cloud cover, etc. The above program modifications could also change throughout the course of the day, especially on a weekend. For example, a 1 p.m. game on Saturday could be played under the Orange Zone guidelines and a 4pm game could be played under Red Zone guidelines. Coaches and parents will be informed of the appropriate zone of play through signage at the outdoor facility.

The above are merely guidelines and it is the responsibility of parents to make the ultimate decision as to the participation of their child in Novi PRCS events when heat may be a factor, taking into consideration the age and physical condition of their child. Parents also have the ultimate responsibility to inform their child about the dangers of heat and need for protection, including sunscreen and proper hydration.