

Virginia District Heat Index Safety Policy

Virginia District 15 will follow the [heat and humidity](#) recommendations from Little League.

		Relative Humidity (%)													
		40	45	50	55	60	65	70	75	80	85	90	95	100	
Air Temperature	110	136													With Prolonged Exposure and/or Physical Activity
	108	130	137												
	106	124	130	137											Heat Stroke or Sunstroke highly likely
	104	119	124	131	137										
	102	114	119	124	130	137									Sunstroke, muscle cramps, and/or heat exhaustion likely
	100	109	114	118	124	129	136								
	98	105	109	113	117	123	128	134							Sunstroke, muscle cramps, and/or heat exhaustion possible
	96	101	104	108	112	116	121	126	132						
	94	97	100	102	106	110	114	119	124	129	136				Fatigue Possible
	92	94	96	99	101	105	108	112	116	121	125	131			
	90	91	93	95	97	100	103	106	109	113	117	122	127	132	
	88	88	89	91	93	95	98	100	103	106	110	113	117	121	
	86	85	87	88	89	91	93	95	97	100	102	105	108	112	
	84	83	84	85	86	88	89	90	92	94	96	98	100	103	
	82	81	82	83	84	84	85	86	88	89	90	91	93	95	
80	80	80	81	81	82	82	83	84	84	85	86	86	87		

- When the heat index is in the Extreme Danger (red) category, games and warmups will be **suspended**.
- When the heat index is in the Danger (orange) category, we will take a 5-minute break at the end of the 2nd and 4th innings.
- We will resume game activities only when it is safe and appropriate to do so.
- We will use NOAA temperature, relative humidity, and heat index readings from the nearest available location.
- To find the nearest NOAA weather station, use the following link and submit the local zip code. [NOAA Weather Radio Local Transmitters](#)