

**City of Perryville**  
**Parks & Recreation Department**

**POLICY FOR PARK-SPONSORED PHYSICAL ACTIVITIES  
DURING EXTREME HEAT AND/OR HUMIDITY**

**PREFACE:**

The Parks & Recreation Department of the City of Perryville proposes to institute a policy regarding recommended practices during extreme weather temperatures for outdoor youth sports and activities sponsored by the Parks & Recreation Department.

**POLICY:**

The City of Perryville shall align with standards set by the Missouri State High School Athletic Association regarding the use of a Wet Bulb Globe Thermometer (WBGT) for Heat and Humidity Monitoring during Outdoor Activities. The WBGT is a measure of heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover.

- (a) Parks & Recreation staff will monitor weather temperatures by using the WBGT each day when the temperature is greater than 80° Fahrenheit to determine if the temperature is safe for leagues as outlined in the Activity Guidelines below.
- (b) If it is determined that the WBGT readings fall **above** the “Normal Activities” level, Parks & Recreation staff will alert league coaches and ask them to follow the guidelines.
- (c) When the WBGT reading exceeds a rating of 92° Fahrenheit, games will be postponed.
- (d) Parents are the ultimate authority regarding their child’s health and may be more restrictive based on the physical needs of their child.
- (e) Private leagues, events, tournaments, and non-city activities will make their own determination regarding weather.

Perryville Region WBGT Readings	<b>Activity Guidelines</b>
<b>Under 82.0</b>	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
<b>82.0 – 86.9</b>	Use discretion for intense or prolonged exercise; Watch at-risk players carefully; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
<b>87.0 – 89.9</b>	Maximum practice time is 2 hours. Provide at least four separate rest breaks each hour for a minimum of 4 minutes per break.
<b>90.0 – 92.0</b>	Maximum practice time is 1 hour. There must be 20 min of rest breaks distributed throughout the hour of participation. There may be no conditioning activities.
<b>Over 92</b>	Outdoor league events and activities will be postponed until a cooler WBGT level is reached.

Adopted by Mayor and Board of Aldermen  
July 5, 2022