

Inclement Weather

In the case of extreme weather, RecTennis may cancel or postpone programs for the safety of the participants. The following situations will require a determination regarding the cancellation of programming:

Thunderstorms and Lightning

Lightning is a potential severe hazard and life-threatening condition that may affect RecTennis outdoor programs. If lightning is sighted, stop all activity and direct everyone to seek appropriate shelter. It is at the Site Directors discretion to determine what constitutes an appropriate shelter.

Resume tennis activity after a minimum of 30 minutes has elapsed since the last lightning strike was seen. If anyone has been struck by lightning, call 911 immediately. If possible, move the injured person to a safer location.

Air Pollution/Smoke Policy

USTA/PNW Staff will reference the following chart and <http://www.airnow.gov/> to determine air quality for all outdoor programs in their area. Index values above 100 will be cause for cancellation of all outdoor programming.



Air Quality Index for Ozone

Index Values (Conc. Range)	Air Quality Descriptors	Cautionary Statements for Ozone
0 – 50 (0-60 ppb)	Good	No health impacts are expected when air quality is in this range.
51 – 100 (61-75 ppb)	Moderate	Unusually sensitive people should consider limiting prolonged outdoor exertion
101 – 150 (76-104 ppb)	Unhealthy for Sensitive Groups	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion
151 – 200 (105-115 ppb)	Unhealthy	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children should limit prolonged outdoor exertion.
201 – 300 (116-374 ppb)	Very Unhealthy	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.

Heat Index

This Heat Index Chart provides general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It is noteworthy that heat illness can occur at lower temperatures than indicated on the chart. In addition, studies indicate that susceptibility to heat illness tends to increase with the very young and the elderly.

1. Across the top of the chart, locate the ENVIRONMENTAL TEMPERATURE (i.e., the air temperature).
2. Down the left side of the chart, locate the RELATIVE HUMIDITY.
3. Follow across and down to find the APPARENT TEMPERATURE. Apparent Temperature is an index of the body's sensation of heat caused by the temperature and humidity (the reverse of the "wind chill factor"). Note: Exposure to full sunshine can increase Heat Index values.

If the Apparent Temperature is between 90° and 105°

- Limit physical activity to 30 minutes increments, segmented by 10 minute breaks.

If the Apparent Temperature is between 105° and 130°

- Limit physical activity to 15 minutes at a time, segmented by 10 minute breaks. Utilize shade and water breaks frequently.

If the Apparent Temperature is above 130°

- USTA/PNW will cancel all outdoor programming.

Program Cancellations

Prior to program start:

- The Recreational/Community Tennis Organizer is responsible for updating the inclement weather hotline and contacting the Recreational Program Manager.

During the program:

- The Site Director is responsible for contacting parents/guardians after notification has been given from the Recreational/Community Tennis Organizer that programs have been cancelled.

HEAT INDEX

ENVIRONMENT TEMPERATURE [F°]

	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
Relative Humidity	Apparent Temperature*										
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	130°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
60%	70°	76°	82°	90°	100°	114°	132°	149°			
70%	70°	77°	85°	93°	106°	124°	144°				
80%	71°	78°	86°	97°	113°	136°					
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

*Combined index of heat and humidity...what it “feels like” to the body.

APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
90° - 105°	Heat cramps or heat exhaustion possible
105° - 130°	Heat cramps or heat exhaustion likely, Heatstroke possible
130° and up	Heatstroke highly likely