

ATHLETIC HEAT INDEX GUIDELINES

(Heat Index = combination of Temperature and Humidity)

<p>Under 95° Heat Index</p>	<p style="text-align: center;">GREEN</p> <ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➤ Optional water breaks every 30 minutes for 10 minutes in duration. ➤ Ice-down towels for cooling. ➤ Watch/monitor athletes carefully for necessary action.
<p>95° to 99° Heat Index</p>	<p style="text-align: center;">YELLOW</p> <ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks every 30 minutes for 10 minutes in duration. ➤ Ice-down towels for cooling. ➤ Watch/monitor athletes carefully for necessary action. ❖ Contact sports and activities with additional equipment <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed while not involved in contact. ❖ Reduce time of outside activity. Consider postponing practice to later in the day ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
<p>100° to 104° Heat Index</p>	<p style="text-align: center;">ORANGE</p> <ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks every 30 minutes for 10 minutes in duration. ➤ Ice-down towels for cooling. ➤ Watch/monitor athletes carefully for necessary action. ➤ Alter uniform by removing items if possible. ➤ Allow for changes to dry t-shirts and shorts. ➤ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. ➤ Postpone practice to later in day. ❖ Contact sports and activities with additional equipment <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
<p>Above 104° Heat Index</p>	<p style="text-align: center;">RED</p> <ul style="list-style-type: none"> ❖ All Sports <ul style="list-style-type: none"> ➤ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.