

Heat Index: The following procedures are to be followed regarding Heat Index:

**Heat Index under 95°**

**All sports:**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action

**Heat Index 95° to 99° All sports:**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action

**Heat index 100° to 104° All sports:**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Alter uniform by removing items if possible
- Reduce time of outside activity as well as indoor activity if air conditioning unavailable
- Postpone practice to later in day if possible

Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index

**Heat index above 104°**

**All sports:**

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.