## ATHLETIC HEAT INDEX GUIDELINES

(Heat Index = combination of Temperature and Humidity)

<table>
<thead>
<tr>
<th>Heat Index</th>
<th>GREEN</th>
<th>95° to 99° Heat Index</th>
<th>YELLOW</th>
<th>100° to 104° Heat Index</th>
<th>ORANGE</th>
<th>Above 104° Heat Index</th>
<th>RED</th>
</tr>
</thead>
</table>
| Under 95°  | All sports  
➢ 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. | All sports  
➢ 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  
➢ 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 | All sports  
➢ 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  
➢ 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 | All Sports  
➢ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable. |