



# MODEL POLICY for MANAGING HEAT & HUMIDITY

Adopted March 22, 2013

1. **Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity.** Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.
2. **Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index.** If a digital sling psychrometer is being used, the calculation is automatic.

### 3. If the Heat Index is below 95 degrees:

#### All Sports

- o 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.
- o Optional water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

### If Heat Index is 95 to 99 degrees:

#### All Sports —

- o 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.
- o Optional water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

#### Contact sports and activities with additional equipment:

- o 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.
- o Optional water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

#### Contact sports and activities with additional equipment:

- o Helmets and other possible equipment removed while not involved in contact.

- **Reduce time of outside activity. Consider postponing practice to later in the day.**
- **Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.**

### If Heat Index is 99 to 104 degrees:

#### All Sports —

- o 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.
- o Mandatory water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.
- o Alter uniform by removing items if possible.
- o Allow for changes to dry t-shirts and shorts.
- o Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
- o Postpone practice to later in the day.

#### Contact sports and activities with additional equipment:

- o If helmets or other protective equipment are required to be worn by rule or normal practice, suspend practice or competition immediately and resumption may not occur until the index is 99 degrees or below.

- **Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.**

### If Heat Index above 104 degrees:

#### All Sports

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

**Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.**

— Over for Heat Index Chart —



