

PROCEDURES FOR EXCESSIVE HEAT

Heat Index under 95°

- 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°

- 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°

- 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 is unavailable.
- Postpone practice to later in the day if possible.
Re-check temperature and humidity every 30 minutes to monitor for increased heat index.

Heat index above 104°

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