

Heat Index under 95°	<p>All sports:</p> <ul style="list-style-type: none"> • 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°	<p>All sports:</p> <ul style="list-style-type: none"> • 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 <p>Contact sports:</p> <ul style="list-style-type: none"> • <u>Helmets and other possible equipment removed</u> [2] if not involved in contact <p>Reduce time of outside activity. Consider postponing practice to later in the day</p> <p>Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index</p>
Heat index 100° to 104°	<p>All sports:</p> <ul style="list-style-type: none"> • 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 <p>Contact sports and activities with additional equipment</p> <ul style="list-style-type: none"> • <u>Helmets and other possible equipment removed</u> [2] if not involved in contact or necessary for safety. If necessary for safety, suspend activity. <p>Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index</p>
Heat index above 104°	<p>All sports:</p> <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.