

<p><b>Heat Index under 95°</b></p>	<p><b>All sports:</b></p> <ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.</li> <li>• Optional water breaks every 30 minutes for 10 minutes duration.</li> <li>• Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> </ul>
<p><b>Heat Index 95° to 99°</b></p>	<p><b>All sports:</b></p> <ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes duration.</li> <li>• Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> </ul> <p><b>Contact sports:</b></p> <ul style="list-style-type: none"> <li>• <u>Helmets and other possible equipment removed</u> [2] if not involved in contact</li> </ul> <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>
<p><b>Heat index 100° to 104°</b></p>	<p><b>All sports:</b></p> <ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes duration.</li> <li>• Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> <li>• Alter uniform by removing items if possible</li> <li>• Reduce time of outside activity as well as indoor activity if air conditioning unavailable</li> <li>• Postpone practice to later in day if possible</li> </ul> <p>Contact sports and activities with additional equipment</p> <ul style="list-style-type: none"> <li>• <u>Helmets and other possible equipment removed</u> [2] if not involved in contact or necessary for safety. If necessary for safety, suspend activity.</li> </ul> <p>Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index</p>
<p><b>Heat index above 104°</b></p>	<p><b>All sports:</b></p> <ul style="list-style-type: none"> <li>• Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.</li> </ul>