

Heat Index Policy Recommendation to Guide Outdoor Exercise Activity

If the actual heat index is 95°F or higher, activity should be altered and/or eliminated using the following guidelines (taken from OSAA guidelines for activity):

Danger

Heat Index \geq 105°F

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

Warning

Heat Index \geq 100°F and $<$ 105°F

- Recommendation: Postpone practice to later in the day.
- Maximum of 5 hours of practice per day.
- Practice length a maximum of 3 hours.
- Mandatory 3 hour recovery period between practices.
- Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts.
- Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
- Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable.
- Provide ample amounts of water.
- Water shall always be available and athletes should be able to take in as much water as they desire.
- Watch/monitor athletes for necessary action.

Caution

Heat Index \geq 95°F and $<$ 100°F

- OSAA Recommendation: Consider postponing practice to later in the day.
- Maximum of 5 hours of practice per day.
- Practice length a maximum of 3 hours.
- Mandatory 3 hour recovery period between practices.
- Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
- Provide ample amounts of water.
- Water shall always be available and athletes should be able to take in as much water as they desire.
- Watch/monitor athletes for necessary action.



Notice

Heat Index $\geq 80^{\circ}\text{F}$ and $< 95^{\circ}\text{F}$

- Maximum of 5 hours of practice per day.
- Provide ample amounts of water.
- Water should always be available and athletes should be able to take in as much water as they desire.
- Watch/monitor athletes for necessary action.

Safe

Heat Index $< 80^{\circ}\text{F}$

- Maximum of 5 hours of practice per day.
- Provide ample amounts of water.

HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103° Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<h1 style="margin: 0;">CALL 9-1-1</h1> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives 		

Go to OSAA Heat Index Calculator for your local heat index reading: <http://www.osaa.org/heatindex>