



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 Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

- **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 —

HEAT INDEX CALCULATION AND CHART

Temperature (Fahrenheit)

Relative Humidity at Site

| | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |
|-----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 100 | 84 | 87 | 91 | 95 | 99 | 103 | 107 | 112 | 116 | 121 | 126 | 132 | 137 | 143 | 149 | 155 | 161 | 168 | 174 | 181 | 188 | 195 |
| 99 | 84 | 87 | 91 | 94 | 98 | 102 | 106 | 111 | 116 | 120 | 125 | 131 | 136 | 142 | 147 | 153 | 160 | 166 | 172 | 179 | 186 | 193 |
| 98 | 84 | 87 | 90 | 94 | 98 | 102 | 106 | 110 | 115 | 120 | 124 | 130 | 135 | 140 | 146 | 152 | 158 | 164 | 171 | 177 | 184 | 191 |
| 97 | 84 | 87 | 90 | 94 | 97 | 101 | 105 | 110 | 114 | 119 | 124 | 129 | 134 | 139 | 145 | 151 | 157 | 163 | 169 | 176 | 182 | 189 |
| 96 | 83 | 87 | 90 | 93 | 97 | 101 | 105 | 109 | 113 | 118 | 123 | 128 | 133 | 138 | 144 | 149 | 155 | 161 | 167 | 174 | 180 | 187 |
| 95 | 83 | 86 | 90 | 93 | 97 | 100 | 104 | 108 | 113 | 117 | 122 | 127 | 132 | 137 | 142 | 148 | 154 | 160 | 166 | 172 | 179 | 185 |
| 94 | 83 | 86 | 89 | 93 | 96 | 100 | 104 | 108 | 112 | 116 | 121 | 126 | 131 | 136 | 141 | 147 | 152 | 158 | 164 | 170 | 177 | 183 |
| 93 | 83 | 86 | 89 | 92 | 96 | 99 | 103 | 107 | 111 | 116 | 120 | 125 | 130 | 135 | 140 | 145 | 151 | 157 | 162 | 169 | 175 | 181 |
| 92 | 83 | 86 | 89 | 92 | 95 | 99 | 103 | 106 | 111 | 115 | 119 | 124 | 129 | 133 | 139 | 144 | 149 | 155 | 161 | 167 | 173 | 179 |
| 91 | 83 | 86 | 89 | 92 | 95 | 98 | 102 | 106 | 110 | 114 | 118 | 123 | 127 | 132 | 137 | 143 | 148 | 154 | 159 | 165 | 171 | 178 |
| 90 | 83 | 86 | 88 | 91 | 95 | 98 | 102 | 105 | 109 | 113 | 117 | 122 | 126 | 131 | 136 | 141 | 147 | 152 | 158 | 164 | 170 | 176 |
| 89 | 83 | 85 | 88 | 91 | 94 | 98 | 101 | 105 | 109 | 113 | 117 | 121 | 125 | 130 | 135 | 140 | 145 | 151 | 156 | 162 | 168 | 174 |
| 88 | 83 | 85 | 88 | 91 | 94 | 97 | 101 | 104 | 108 | 112 | 116 | 120 | 125 | 129 | 134 | 139 | 144 | 149 | 155 | 160 | 166 | 172 |
| 87 | 83 | 85 | 88 | 91 | 94 | 97 | 100 | 104 | 107 | 111 | 115 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 153 | 159 | 164 | 170 |
| 86 | 83 | 85 | 88 | 90 | 93 | 96 | 100 | 103 | 107 | 110 | 114 | 118 | 123 | 127 | 132 | 136 | 141 | 146 | 152 | 157 | 163 | 168 |
| 85 | 83 | 85 | 87 | 90 | 93 | 96 | 99 | 102 | 106 | 110 | 113 | 117 | 122 | 126 | 130 | 135 | 140 | 145 | 150 | 155 | 161 | 167 |
| 84 | 83 | 85 | 87 | 90 | 93 | 96 | 99 | 102 | 105 | 109 | 113 | 117 | 121 | 125 | 129 | 134 | 139 | 144 | 149 | 154 | 159 | 165 |
| 83 | 82 | 85 | 87 | 90 | 92 | 95 | 98 | 101 | 105 | 108 | 112 | 116 | 120 | 124 | 128 | 133 | 137 | 142 | 147 | 152 | 158 | 163 |
| 82 | 82 | 85 | 87 | 89 | 92 | 95 | 98 | 101 | 104 | 108 | 111 | 115 | 119 | 123 | 127 | 132 | 136 | 141 | 146 | 151 | 156 | 162 |
| 81 | 82 | 84 | 87 | 89 | 92 | 94 | 97 | 100 | 104 | 107 | 110 | 114 | 118 | 122 | 126 | 131 | 135 | 140 | 144 | 149 | 155 | 160 |
| 80 | 82 | 84 | 86 | 89 | 91 | 94 | 97 | 100 | 103 | 106 | 110 | 113 | 117 | 121 | 125 | 129 | 134 | 138 | 143 | 148 | 153 | 158 |
| 79 | 82 | 84 | 86 | 89 | 91 | 94 | 96 | 99 | 102 | 106 | 109 | 113 | 116 | 120 | 124 | 128 | 133 | 137 | 142 | 146 | 151 | 157 |
| 78 | 82 | 84 | 86 | 88 | 91 | 93 | 96 | 99 | 102 | 105 | 108 | 112 | 115 | 119 | 123 | 127 | 131 | 136 | 140 | 145 | 150 | 155 |
| 77 | 82 | 84 | 86 | 88 | 90 | 93 | 96 | 98 | 101 | 104 | 108 | 111 | 115 | 118 | 122 | 126 | 130 | 135 | 139 | 144 | 148 | 153 |
| 76 | 82 | 84 | 86 | 88 | 90 | 93 | 95 | 98 | 101 | 104 | 107 | 110 | 114 | 117 | 121 | 125 | 129 | 133 | 138 | 142 | 147 | 152 |
| 75 | 82 | 84 | 85 | 88 | 90 | 92 | 95 | 97 | 100 | 103 | 106 | 109 | 113 | 116 | 120 | 124 | 128 | 132 | 136 | 141 | 145 | 150 |
| 74 | 82 | 83 | 85 | 87 | 90 | 92 | 94 | 97 | 100 | 103 | 106 | 109 | 112 | 116 | 119 | 123 | 127 | 131 | 135 | 140 | 144 | 149 |
| 73 | 82 | 83 | 85 | 87 | 89 | 91 | 94 | 96 | 99 | 102 | 105 | 108 | 111 | 115 | 118 | 122 | 126 | 130 | 134 | 138 | 143 | 147 |
| 72 | 82 | 83 | 85 | 87 | 89 | 91 | 93 | 96 | 99 | 101 | 104 | 107 | 111 | 114 | 117 | 121 | 125 | 129 | 133 | 137 | 141 | 146 |
| 71 | 81 | 83 | 85 | 87 | 89 | 91 | 93 | 96 | 98 | 101 | 104 | 107 | 110 | 113 | 116 | 120 | 124 | 127 | 131 | 136 | 140 | 144 |
| 70 | 81 | 83 | 85 | 86 | 88 | 90 | 93 | 95 | 98 | 100 | 103 | 106 | 109 | 112 | 116 | 119 | 123 | 126 | 130 | 134 | 138 | 143 |
| 69 | 81 | 83 | 84 | 86 | 88 | 90 | 92 | 95 | 97 | 100 | 102 | 105 | 108 | 111 | 115 | 118 | 122 | 125 | 129 | 133 | 137 | 141 |
| 68 | 81 | 83 | 84 | 86 | 88 | 90 | 92 | 94 | 97 | 99 | 102 | 105 | 108 | 111 | 114 | 117 | 121 | 124 | 128 | 132 | 136 | 140 |
| 67 | 81 | 83 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 99 | 101 | 104 | 107 | 110 | 113 | 116 | 120 | 123 | 127 | 131 | 135 | 139 |
| 66 | 81 | 82 | 84 | 86 | 87 | 89 | 91 | 93 | 96 | 98 | 101 | 103 | 106 | 109 | 112 | 115 | 119 | 122 | 126 | 129 | 133 | 137 |
| 65 | 81 | 82 | 84 | 85 | 87 | 89 | 91 | 93 | 95 | 98 | 100 | 103 | 105 | 108 | 111 | 114 | 118 | 121 | 125 | 128 | 132 | 136 |
| 64 | 81 | 82 | 84 | 85 | 87 | 89 | 91 | 93 | 95 | 97 | 99 | 102 | 105 | 108 | 110 | 114 | 117 | 120 | 123 | 127 | 131 | 135 |
| 63 | 81 | 82 | 84 | 85 | 87 | 88 | 90 | 92 | 94 | 97 | 99 | 101 | 104 | 107 | 110 | 113 | 116 | 119 | 122 | 126 | 130 | 133 |
| 62 | 81 | 82 | 83 | 85 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 101 | 103 | 106 | 109 | 112 | 115 | 118 | 121 | 125 | 128 | 132 |
| 61 | 81 | 82 | 83 | 85 | 86 | 88 | 90 | 91 | 93 | 96 | 98 | 100 | 103 | 105 | 108 | 111 | 114 | 117 | 120 | 124 | 127 | 131 |
| 60 | 81 | 82 | 83 | 84 | 86 | 88 | 89 | 91 | 93 | 95 | 97 | 100 | 102 | 105 | 107 | 110 | 113 | 116 | 119 | 123 | 126 | 129 |
| 59 | 81 | 82 | 83 | 84 | 86 | 87 | 89 | 91 | 93 | 95 | 97 | 99 | 102 | 104 | 107 | 109 | 112 | 115 | 118 | 122 | 125 | 128 |
| 58 | 81 | 82 | 83 | 84 | 85 | 87 | 89 | 90 | 92 | 94 | 96 | 99 | 101 | 103 | 106 | 109 | 111 | 114 | 117 | 120 | 124 | 127 |
| 57 | 80 | 81 | 83 | 84 | 85 | 87 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 103 | 105 | 108 | 111 | 113 | 116 | 119 | 123 | 126 |
| 56 | 80 | 81 | 83 | 84 | 85 | 86 | 88 | 90 | 92 | 93 | 95 | 98 | 100 | 102 | 105 | 107 | 110 | 113 | 115 | 118 | 122 | 125 |
| 55 | 80 | 81 | 82 | 84 | 85 | 86 | 88 | 89 | 91 | 93 | 95 | 97 | 99 | 101 | 104 | 106 | 109 | 112 | 114 | 117 | 120 | 124 |
| 54 | 80 | 81 | 82 | 83 | 85 | 86 | 87 | 89 | 91 | 93 | 94 | 96 | 99 | 101 | 103 | 106 | 108 | 111 | 114 | 116 | 119 | 123 |
| 53 | 80 | 81 | 82 | 83 | 84 | 86 | 87 | 89 | 90 | 92 | 94 | 96 | 98 | 100 | 103 | 105 | 107 | 110 | 113 | 116 | 118 | 121 |
| 52 | 80 | 81 | 82 | 83 | 84 | 86 | 87 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 107 | 109 | 112 | 115 | 117 | 120 |
| 51 | 80 | 81 | 82 | 83 | 84 | 85 | 87 | 88 | 90 | 91 | 93 | 95 | 97 | 99 | 101 | 104 | 106 | 108 | 111 | 114 | 116 | 119 |
| 50 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 88 | 89 | 91 | 93 | 95 | 97 | 99 | 101 | 103 | 105 | 108 | 110 | 113 | 115 | 118 |
| 49 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 88 | 89 | 91 | 92 | 94 | 96 | 98 | 100 | 102 | 105 | 107 | 109 | 112 | 115 | 117 |
| 48 | 80 | 81 | 81 | 82 | 84 | 85 | 86 | 87 | 89 | 90 | 92 | 94 | 96 | 97 | 100 | 102 | 104 | 106 | 109 | 111 | 114 | 116 |
| 47 | 80 | 81 | 81 | 82 | 83 | 85 | 86 | 87 | 88 | 90 | 92 | 93 | 95 | 97 | 99 | 101 | 103 | 105 | 108 | 110 | 113 | 115 |
| 46 | 80 | 80 | 81 | 82 | 83 | 84 | 86 | 87 | 88 | 90 | 91 | 93 | 95 | 96 | 98 | 100 | 103 | 105 | 107 | 109 | 112 | 114 |
| 45 | 80 | 80 | 81 | 82 | 83 | 84 | 85 | 87 | 88 | 89 | 91 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 109 | 111 | 114 |
| 44 | 80 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 88 | 89 | 91 | 92 | 94 | 96 | 97 | 99 | 101 | 103 | 106 | 108 | 110 | 113 |
| 43 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 89 | 90 | 92 | 93 | 95 | 97 | 99 | 101 | 103 | 105 | 107 | 109 | 112 |
| 42 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 90 | 91 | 93 | 95 | 96 | 98 | 100 | 102 | 104 | 106 | 109 | 111 |
| 41 | 79 | 80 | 81 | 82 | 82 | 83 | 85 | 86 | 87 | 88 | 90 | 91 | 93 | 94 | 96 | 98 | 100 | 101 | 104 | 106 | 108 | 110 |
| 40 | 79 | 80 | 81 | 81 | 82 | 83 | 84 | 85 | 87 | 88 | 89 | 91 | 92 | 94 | 95 | 97 | 99 | 101 | 103 | 105 | 107 | 109 |
| 39 | 79 | 80 | 81 | 81 | 82 | 83 | 84 | 85 | 86 | 88 | 89 | 90 | 92 | 93 | 95 | 97 | 98 | 100 | 102 | 104 | 106 | 108 |
| 38 | 79 | 80 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 89 | 90 | 91 | 93 | 95 | 96 | 98 | 100 | 102 | 104 | 106 | 108 |
| 37 | 79 | 80 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 90 | 91 | 93 | 94 | 96 | 97 | 99 | 101 | 103 | 105 | 107 |
| 36 | 79 | 80 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 91 | 92 | 94 | 95 | 97 | 99 | 100 | 102 | 104 | 106 |
| 35 | 79 | 80 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 92 | 93 | 95 | 96 | 98 | 100 | 102 | 104 | 106 |
| 34 | 79 | 79 | 80 | 81 | 82 | 82 | 83 | 84 | 85 | 86 | 88 | 89 | 90 | 92 | 93 | 94 | 96 | 98 | 99 | 101 | 103 | 105 |
| 33 | 79 | 79 | 80 | 81 | 82 | 82 | 83 | 84 | 85 | 86 | 87 | 89 | 90 | 91 | 93 | 94 | | | | | | |