



# Heat Index Calculation and Chart

## ACTIVITY CESSATION CHART

<b>UNDER 95 DEGREES HEAT INDEX</b>
a) All sports (1) Water should always be available and athletes be able to take in as much water as they desire; (2) Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group; (3) Have towels with ice for cooling of athletes as needed; (4) Watch/monitor athletes carefully for necessary action; and (5) Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.
<b>95 TO 99 DEGREE HEAT INDEX</b>
a) All sports (1) Water should always be available and athletes should be able to take in as much water as they desire; (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; (3) Have towels with ice for cooling of athletes as needed; and (4) Watch/monitor athletes carefully for necessary action. b) Additional Steps for Contact sports and activities with additional required protective equipment: (1) Helmets and other required equipment (by rule) should be removed when athlete not directly involved with competition, drill or practice, and it is not otherwise required by rule; (2) Reduce time of outside activity. Consider postponing practice to later in the day; and (3) Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
<b>100 DEGREES (ABOVE 99) to 104 DEGREES HEAT INDEX</b>
a) All sports (1) Water should always be available and athletes should be able to take in as much water as they desire; (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; (3) Have towels with ice for cooling of athletes as needed; (4) Watch/monitor athletes carefully for necessary action; (5) Alter uniform by removing items if possible and permissible by rules; (6) Allow for changes to dry T-shirts and shorts by athletes at defined intervals; (7) Reduce time of outside activity as well as indoor activity if air conditioning is unavailable; and (8) Postpone practice to later in day. b) Additional Steps for Contact sports and activities with additional required protective equipment: (1) If helmets or other protective equipment are required to be worn by rule or normal practice, suspend practice or competition immediately and resumption may not occur until the index is 99 degrees or below; (2) For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day; and (3) Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.
<b>ABOVE 104 DEGREES HEAT INDEX</b>
a) All sports (1) Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.
<b>CONTINUAL USAGE AND MONITORING</b>
a) This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity. b) The KHSAA will use September 15 as the standard date for the recording of the Heat Index forms in the fall, and April 15 as the start date in the spring. c) Member schools should remember that the monitoring shall continue any time that a combination of heat and humidity at that level could result in a need to curtail activity (an ambient temperature of 83 degrees or higher).