

Heat Index Guidelines

The following heat index guidelines should be followed during outdoor activities.

If the heat index is 80-89, participants should be watched closely for any heat distress and frequent water breaks should be taken.

If the heat index is 90-94, 10 minute rest breaks should be taken every hour and water breaks every 10 minutes. Participants should be under careful supervision. The athletic activity must be kept to 100 minutes or less.

If the heat index is 95-99, the activity should be modified. Frequent water every 10 minutes and rest breaks must be held. Participants should be able to get water at any time and should be under extreme supervisions from teachers, instructors/coaches, and trainers. The athletic activity must be kept to 90 minutes or less.

If the heat index is 100-104, further modifications must be made. Water breaks should be taken every 10 minutes and participants should be allowed to get water at any time. Frequent rest breaks must be taken and participants should be monitored at all times for heat distress. The athletic activity must be kept to 90 minutes or less.

If the heat index is 105 or greater, then the athletic activity will be suspended, postponed until later in the evening, or held indoors at the administrator's/instructor's discretion, with suggestions made by the staff on duty. Activities can also be rescheduled to when heat index has reached an acceptable level. When an event is "BLACK FLAGGED" (which means the heat index is at 105 level or higher that day), no outdoor activities may begin until the staff on duty communicates to the instructor that the conditions are acceptable, the heat index is below 105. Activity may be postponed to a later time in the same day if the heat index lowers. All appropriate guidelines should be followed based on the reading at the time.

It is recommended that all guidelines be followed in such a way that the safety and best interests of the participants be made our number one priority.