

PALMYRA AREA SCHOOL DISTRICT

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Under 95 degree heat index

All sports

- (1) Water should always be available; athletes should take in as much water as they need;
- (2) Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group;
- (3) Have ice for cooling of athletes as needed;
- (4) Watch/monitor athletes carefully for necessary action;
- (5) Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.

95-99 degree heat index

All sports

- (1) Water should always be available; athletes should take in as much water as they need;
- (2) Mandatory water breaks every 30 minutes for 10 minutes to allow for hydration as a group. These breaks should be in the shade with downgraded gear when possible. 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.

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.

**P
H
S**

100-104 degree heat index

All sports

- (1) Water should always be available; athletes should take in as much water as they need;
- (2) Mandatory water breaks every 30 minutes for 10 minutes to allow for hydration as a group. These breaks should be in the shade with downgraded gear when possible. 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;
- 8) Postpone practice to later in day.

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;
- (3) Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.

105 degree heat index and above

Cease all outdoor activity and indoor activity when air conditioning is unavailable, until conditions return to one of the above states and follow procedures depending.

	temperature (°F)															
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Caution
 Extreme Caution
 Danger
 Extreme Danger

Heat index=Real feel