

Athletics: Heat Advisory Recommendations

Activity should be altered and/or eliminated based on the Heat Index as follows:

<p>Under 95 degrees Heat Index</p> <p style="text-align: center;">“Green Flag”</p>	<p><u>All Sports</u></p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire • Optional water breaks approximately every 30-40 minutes for approximately 10 minutes duration • Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action
<p>95 - 99 degrees Heat Index</p> <p style="text-align: center;">“Yellow Flag”</p>	<p><u>All Sports</u></p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire • Mandatory water breaks approximately every 30 – 45 minutes for approximately 10 minutes duration • Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action <p><u>Contact Sports</u></p> <ul style="list-style-type: none"> • Helmets and other possible equipment removed if not involved in contact or necessary for safety • Reduce time or outside activity • Practice should not exceed 2 ½ hours – consider moving practice to morning or later in the day • Re-check temperature and heat index approximately every 30 minutes to monitor for increased risks
<p>100 - 105 degrees Heat Index</p> <p style="text-align: center;">“Red Flag”</p>	<p><u>All Sports</u></p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire • Mandatory water breaks approximately every 30 – 45 minutes for approximately 10 minutes duration • Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action • Alter uniforms by removing items where feasible • Allow for changes to dry t-shirts and shorts • Reduce time of outside activity as well indoor activity if air conditioning is not available • Practice length should be two hours or less – consider moving practice to morning or later in the day • Limited conditioning <p><u>Contact sports and activities with additional equipment</u></p> <ul style="list-style-type: none"> • Helmets and other possible equipment removed if not involved in contact or necessary for safety • Recommendation: football team wears helmets, t-shirts, and shorts • Re-check temperature and heat index approximately every 30 minutes for increased risks
<p>Above 105 degrees Heat Index</p> <p style="text-align: center;">“White Flag”</p>	<p><u>All Sports</u></p> <p>Stop outside activity in practice and/or play and stop all inside activity if air conditioning is not available</p>