

KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION HEAT INDEX MEASUREMENT AND RECORD

School: _		Sport						
DATE	TIME	TEMP	HUMIDITY	HEAT INDEX (from chart)	ACTIVITY REVISION??	SIGNATURE		

• Using the following scale, activity should be altered and / or eliminated based on this Heat Index as determined –

	*	All and to				
Under 95	**	All sports				
degrees Heat		Water should always be available and athletes be able to take in as much water as they desire.				
Index		 Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group 				
		Have towels with ice for cooling of athletes as needed				
		Watch/monitor athletes carefully for necessary action.				
		Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.				
95 degrees	*	All sports				
to 99		Water should always be available and athletes should be able to take in as much water as they desire.				
degrees Heat		Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group				
Index		> Have towels with ice for cooling of athletes as needed				
		Watch/monitor athletes carefully for necessary action.				
	*	Contact sports and activities with additional required protective equipment				
	•	> Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is				
		not otherwise required by rule.				
	*	Reduce time of outside activity. Consider postponing practice to later in the day.				
	*	Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.				
100 degrees	*	All sports				
(above 99	*	 Water should always be available and athletes should be able to take in as much water as they desire. 				
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degrees) to		Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group				
104 degrees		Have towels with ice for cooling of athletes as needed				
Heat Index		Watch/monitor athletes carefully for necessary action.				
		Alter uniform by removing items if possible and permissible by rules				
		Allow for changes to dry t-shirts and shorts by athletes at defined intervals.				
		Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.				
		Postpone practice to later in day.				
	*	Contact sports and activities with additional required protective equipment				
		> If helmets of other protective requirement are required to be worn by rule or normal practice, suspend practice or competition				
		immediately				
	*	For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to				
		later in the day.				
	*	Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.				
Above 104	*	All Sports				
degrees Heat		 Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable. 				
Index		Supplies and a suppli				