

## *Guidelines/Procedures*

### Apparent Temperature

### Heat Stress Risk with Physical Activity and/or Prolonged Exposure

80° – 89°

- Water break every **30** minutes
- Have water located near practice area and convenient to drink

*Heat Cramps or Heat Exhaustion Possible*

90° – 104°

#### Light Activity (ex. Football walk through)

- Have water located near the practice area and available for athletes as needed
- Water breaks every **15** minutes
- Break lasting **5** minutes. Remove helmet and allow to cool
- Coaches, supervisors and directors will check each player for signs and symptoms of Heat Exhaustion/Heatstroke

#### Strenuous Activity

- Have water located near practice area and available as needed
- Water breaks every **10** minutes. Breaks lasting **5** minutes
- Remove helmet and allow to cool
- Coaches, supervisors and directors will check each player for signs and symptoms of Heat Exhaustion/Heatstroke

*Possible Cramps or Heat Exhaustion*

105° – 114°

#### Limited Activity

- Uniform for practice should be appropriate for the Apparent Temperature of the day
- Have water available as needed
- Water breaks every **10** minutes. Breaks lasting **10** minutes
- Coaches, supervisors and directors will remove helmet and check for symptoms of Heat Exhaustion/Heat Stroke
- Provide a shade area
- Move practice, if possible, to a cooler time

*Cramps or Heat Exhaustion Likely / Heatstroke Possible*

115° and up

- All practices will be conducted before 11:00AM or after 7:00PM
- Appropriate steps should be followed per Apparent Temperature

*Heatstroke Highly Likely*