



## Oregon School Activities Association

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To: Superintendents, Principals and Athletic Directors  
From: Tom Welter, Executive Director  
Subject: Heat Index Reminder

An important reminder to schools who have contests scheduled on a day when they receive an OSAA Heat Index Alert. If you receive an alert from the OSAA Heat Index Notification, you need to utilize the OSAA Heat Index Calculator within one hour of the start of the scheduled contest to determine the actual heat index. If the actual heat index is 95 or higher, the following guidelines should be followed:

- 1) 95° to 99° Heat Index –
  - a) Consider delaying the contest until later in the day.
  - b) Remove helmets when not involved in the game.
  - c) Provide ample amounts of water and encourage athletes to use frequently.
  - d) Watch / monitor athletes for necessary action.
- 2) 100° to 104° Heat Index –
  - a) Postpone contest until later in the day.
  - b) Remove helmets and other possible equipment when not involved in the game.
  - c) Provide ample amounts of water and encourage athletes to use frequently.
  - d) Watch / monitor athletes for necessary action.
- 3) 105° and above Heat Index – Postpone contest until later in the day or reschedule for a later date.

Please use good discretion and common sense at all times to ensure the health and safety of all participants. Work with participating schools and game officials to lengthen timeouts and time between quarters / halves to allow all participants access to ample amounts of water, if necessary. No contest is more important than the health and safety of our student-athletes.