



## Heat Index Record

Sport \_\_\_\_\_ Level \_\_\_\_\_

DATE	PRACTICE TIME	WEATHER CHECK TIME	TEMP	HUMIDITY	HEAT INDEX	ACTIVITY REVISION	SIGNATURE

\*\*\*Using the scale provided or OSAA Heat Index Calculator, activity should be altered and / or eliminated when the following conditions are present.

<b>95° to 99° Heat Index</b>	<p><b>OSAA Recommendation: Consider postponing practice to later in the day.</b></p> <ul style="list-style-type: none"> <li>a) Maximum of 5 hours of practice.</li> <li>b) Practice length a maximum of 3 hours.</li> <li>c) Mandatory 3 hour recovery period between practices.</li> <li>d) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.</li> <li>e) Provide ample amounts of water.</li> <li>f) Water should always be available and athletes should be able to take in as much water as they desire.</li> <li>g) Watch/monitor athletes for necessary action.</li> </ul>
<b>100° to 104° Heat Index</b>	<p><b>OSAA Recommendation: Postpone practice to later in the day.</b></p> <ul style="list-style-type: none"> <li>a) Maximum of 5 hours of practice.</li> <li>b) Practice length a maximum of 3 hours.</li> <li>c) Mandatory 3 hour recovery period between practices.</li> <li>d) Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts.</li> <li>e) Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety.</li> <li>f) Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable.</li> <li>g) Provide ample amounts of water.</li> <li>h) Water should always be available and athletes should be able to take in as much water as they desire.</li> <li>i) Watch/monitor athletes for necessary action.</li> </ul>
<b>Above 104° Heat Index</b>	<p><b>OSAA Recommendation: Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.</b></p>

See OSAA Handbook, **Executive Board Policies, "Heat Index"** for additional information.