

Oregon School Activities Association 25200 SW Parkway Avenue, Suite 1, Wilsonville, OR 97070

503.682.6722 http://www.osaa.org

School maintains form.

Heat Index Record

Sport					Level			
	DATE	PRACTICE TIME	WEATHER CHECK TIME	ТЕМР	HUMIDITY	HEAT INDEX	ACTIVITY REVISION	SIGNATURE
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***Using the scale provided or OSAA Heat Index Calculator, activity should be altered and / or eliminated when the following conditions are pres								llowing conditions are present.
95° to 99° Heat Index 100° to 104° Heat Index		OSAA Recommendation: Consider postponing practice to later in the day. a) Maximum of 5 hours of practice. b) Practice length a maximum of 3 hours. c) Mandatory 3 hour recovery period between practices. d) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety. e) Provide ample amounts of water. f) Water should always be available and athletes should be able to take in as much water as they desire. g) Watch/monitor athletes for necessary action.						
		 OSAA Recommendation: Postpone practice to later in the day. a) Maximum of 5 hours of practice. b) Practice length a maximum of 3 hours. c) Mandatory 3 hour recovery period between practices. d) Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts. e) Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety. f) Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable. g) Provide ample amounts of water. h) Water should always be available and athletes should be able to take in as much water as they desire. 						

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

unavailable.

Above 104° Heat Index

Watch/monitor athletes for necessary action.

Forms - Heat Index Record Revised 09/14

OSAA Recommendation: Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is