### Heat Index Record

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRACTICE TIME</th>
<th>WEATHER CHECK TIME</th>
<th>TEMP</th>
<th>HUMIDITY</th>
<th>HEAT INDEX</th>
<th>ACTIVITY REVISION</th>
<th>SIGNATURE</th>
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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 present.

**95˚ to 99˚ 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.

**100˚ to 104˚ Heat Index**

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.
- i) Watch/monitor athletes for necessary action.

Above 104˚ Heat Index

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