



# HEAT SAFETY GUIDELINES

## General Guidelines and Recommendations:

1. Gradual acclimatization of the athlete to hot/ humid conditions is a must. We advise that student-athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of 7 to 10 days to achieve acclimatization.
2. Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During acclimatization process, student athlete should practice in T-shirts, shorts sock and shoes. Rubberized suits should never be worn.
3. To identify heat stress conditions on the field of play, regular measurements including ambient temperature and relative humidity will be taken 30 minutes prior to practice and every 30 minutes throughout practice. Please refer to the heat index table below.
4. Unlimited access to drinking water will be provided throughout practices and competitions.

## SPECIFIC HEAT GUIDELINES

**HEAT INDEX OF LESS THAN 100:** Water breaks every 30-45 minutes.

**HEAT INDEX OF 100 – 105:** Full pads. Water breaks every 30 minutes. Break duration 1 period (5 minutes). Shorts/shirts/helmets. Water breaks every 40 minutes. Cardiovascular Conditioning: Remove helmets.

**HEAT INDEX OF 106 –110:** Full pads. Water breaks every 20 minutes. Practice will not exceed 1hr. 45 minutes. Shorts/shoulder pads/helmets. Water breaks every 30 minutes. Practice will not exceed 2 hours. Athletes allowed to remove helmets while not in contact with drills. Cardiovascular Conditioning: remove shoulder pads and helmets.

**HEAT INDEX OF 111 – 115:** Shorts/Shoulder Pads/Helmets only. Water breaks every 20 min. Practice not to exceed 2 hours. Cardiovascular Conditioning duration and intensity decreased. Remove shoulder pads and helmet.

**HEAT INDEX OF 116 – 117:** Shorts/Shirt/Helmets only. Water breaks every 20 minutes. Practice will not exceed 90 minutes. No Cardiovascular Conditioning.

*During the season, if game day conditions reach any of the above levels, games may be rescheduled to evening start times to avoid dangerous heat stress conditions.*

		Relative Humidity (%)												
°F		40	45	50	55	60	65	70	75	80	85	90	95	100
Air Temperature	110	136												
	108	130	137											
	106	124	130	137										
	104	119	124	131	137									
	102	114	119	124	130	137								
	100	109	114	118	124	129	136							
	98	105	109	113	117	123	128	134						
	96	101	104	108	112	116	121	126	132					
	94	97	100	103	106	110	114	119	124	129	135			
	92	94	96	99	101	105	108	112	116	121	126	131		
	90	91	93	95	97	100	103	106	109	113	117	122	127	132
	88	88	89	91	93	95	98	100	103	106	110	113	117	121
	86	85	87	88	89	91	93	95	97	100	102	105	108	112
	84	83	84	85	86	88	89	90	92	94	96	98	100	103
	82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87	

Heat Index  
(Apparent  
Temperature)

**With Prolonged Exposure  
and/or Physical Activity**

<b>Extreme Danger</b>
Heat stroke or sunstroke highly likely
<b>Danger</b>
Sunstroke, muscle cramps, and/or heat exhaustion likely
<b>Extreme Caution</b>
Sunstroke, muscle cramps, and/or heat exhaustion possible
<b>Caution</b>
Fatigue possible