

MODEL POLICY FOR MANAGING HEAT & HUMIDITY

FAQs

Note: By its very nature, a “model” policy is intended to be flexible so that when it is being considered for local adoption, local authorities can factor in the details of their unique facilities and schedules as they prescribe the manner in which this heat and humidity management policy is implemented.

Remember that even with rigorous implementation of this policy, the need remains for supervising staff to provide for adequate hydration and rest breaks at all times and places, and to arrange for cooling devices and strategies that respond to heat illness emergencies.

1. Where do I find a device that automatically provides the heat index?

- A** Most health care professionals with whom schools work know about these devices, called digital psychrometers, and know where to obtain them. Many medical supply stores carry the devices. Even Home Depot does.

If you Google “Devices for measuring heat and humidity,” you will find many options.

The MHSAA has established a relationship with School Health which has provided the accompanying information sheet. Place orders by phone, 866-323-5465, or by fax, 800-235-1305, or by email, orders@schoolhealth.com, or via Web, sportshealth.com. School Health accepts credit card or PO payments or can invoice schools. Discount pricing will be received by referring to the reference code for the particular item, MK90727 (Heat Watch) or MK61253.

2. If I don't have a digital psychrometer that provides the heat index calculation, how do I get readings for temperature and relative humidity, and how do I calculate the heat index?

- A** A thermometer and humidity gauge will usually be necessary. Get each reading and then refer to the “Heat Index Calculation and Chart” to determine the heat index.

3. Are there cell phone applications that can be utilized?

- A** There are cell phone applications that can do the calculations. There are also applications that can provide the heat index at certain locations, but those locations are unlikely to be close enough to the actual site of the practice or event to be useful.

Readings will differ indoors and out, on hills or in valleys, on natural grass or artificial turf. These and other variables make it necessary for the person designated to record and file the readings to actually take those readings 30 minutes before and 60 minutes into the activity.

4. Where in the school should the readings be filed?

- A** They should be placed on a regular and frequent basis in files maintained in the office of the superintendent, principal or athletic director. Those files may be electronic. Coaches might record the readings on their written practice plans which schools should then keep on file.

(OVER)

5. Are there any MHSAA sports or any venues for which the policy is inapplicable?

- A** Every practice and competition in every sport at every venue is intended to be subject to the policy when the temperature at the venue nears 80°F.

In the case of swimming & diving, the risk is greater to spectators than participants, who compete in water that may be cooler than the air temperature.

While most attention will be given to outdoor sports, do not neglect conditions at indoor venues, such as volleyball in facilities that are not air conditioned.

While most attention will be given to early fall and late spring activities, do not neglect conditions for winter sports, such as in the wrestling room.

Sometimes conditions will vary for different aspects of the same competition. For example, one tennis court may be in the shade, and another out of the wind. One part of a cross country course may be much hotter or more humid than other parts. The best course of action is to take the heat index at the place of the most severe conditions.

6. Who and what control when there are multiple devices and different heat index readings at a venue?

- A** Host management makes the decisions to suspend and to resume activity using those devices or systems usually relied upon at that venue.

7. After a heat index reading that would require delay or suspension of activities, is there a period of time that must pass before activities resume?

- A** No. Readings can be taken continuously during the delay or suspension of activities. When relief from high temperature and humidity is unlikely, local authorities should be implementing previously-considered contingency plans to relocate events to different venues or re-schedule events to different days or times.

8. May a school decide to implement this model policy for practices but not regular season contests?

- A** Yes. However, MHSAA tournament managers will follow this policy for MHSAA tournament contests.

9. When the temperature at the site of the activity is less than 80°, do we need to check and record the heat and humidity?

- A** No. When the temperature is less than 80°, there is no combination of heat and humidity that will result in a need to curtail activity.

However, if the temperature is near 80°, it would be prudent to record that temperature in the usual way and to have a digital psychrometer programmed to alert you to increasing temperature or a heat index that prescribes precautions.

10. The Model Policy calls for a heat index reading 30 minutes before and 60 minutes into an activity. How frequently thereafter should the heat index be checked for half-day or day-long events?

- A** A reasonable expectation is to continue to check every 60 minutes while the temperature is 80°F or higher.



Be Prepared for the HEAT with Temp & Humidity Monitors

According to the new Managing Heat & Humidity Model Policy* from MHSAA a temperature and humidity monitor is recommended to take accurate and automatic calculations.



Heat & Humidity Monitor

Combines a professional level stopwatch with temperature, humidity and heat index readings. User settable heat index alarm. Stopwatch with 1/100 second resolution. Lap counter with 30 lap/split memory. Countdown timer, programmable alarm and calendar mode.

MK90727 \$37.42 ea.**



Precision Heat Index Instrument

Displays heat index, temperature, humidity and dew point. Danger icon has an audible beep when heat index becomes potentially dangerous.

- Extremely high accuracy & super fast responses
- Large digital display
- Min/max memory storage
- Data hold
- Reset feature & auto power off
- Low battery indicator
- Pocket clip on back
- Microprocessor based design
- Fits in your shirt pocket, 6.88" x 1.57" x.91"
- Includes battery and full instructions

MK61253 \$78.64 ea.**



Toll Free 866-323-5465 | www.sportshealth.com

*<http://www.mhsaa.com/Portals/0/Documents/health%20safety/heathumiditypolicy.pdf>

**Must mention code MK to receive special pricing. Prices on flyer expire 12/31/13