

**OHS POLICY FOR MANAGING HEAT & HUMIDITY**

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.
2. Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.
3. **If the Heat Index is below 95 degrees:**

- All Sports
  - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - Optional water breaks every 30 minutes for 10 minutes in duration.
  - Ice-down towels for cooling.
  - Watch/monitor athletes carefully for necessary action.

**If the Heat Index is 95 degrees to 99 degrees:**

- All Sports
  - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - Optional water breaks every 30 minutes for 10 minutes in duration.
  - Ice-down towels for cooling.
  - Watch/monitor athletes carefully for necessary action.
- Contact sports and activities with additional equipment:
  - Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

**If the Heat Index is above 99 degrees to 104 degrees:**

- All Sports
  - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - Mandatory water breaks every 30 minutes for 10 minutes in duration.
  - Ice-down towels for cooling.
  - Watch/monitor athletes carefully for necessary action.
  - Alter uniform by removing items if possible.
  - Allow for changes to dry t-shirts and shorts.
  - Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
  - Postpone practice to later in the day.
- Contact sports and activities with additional equipment
  - Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

**If the Heat Index is above 104 degrees:**

- All sports
  - Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.



# HEAT INDEX CALCULATION AND CHART

Temperature (Fahrenheit)

Relative Humidity at Site

	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
100	84	87	91			103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188	195
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186	193
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184	191
97	84	87	90	94	98	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182	189
96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180	187
95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179	185
94	83	86	89	93	97	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177	183
93	83	86	89	92	96	100	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175	181
92	83	86	89	92	96	100	103	106	111	115	119	124	129	133	138	144	149	155	161	167	173	179
91	83	86	89	92	96	100	103	106	110	114	118	123	127	132	137	143	148	154	159	165	171	178
90	83	86	88	91	95	100	103	106	109	113	117	122	126	131	136	141	147	152	158	164	170	176
89	83	85	88	91	94	99	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168	174
88	83	85	88	91	94	99	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166	172
87	83	85	88	91	94	99	101	104	108	112	116	120	125	129	133	138	143	148	153	159	164	170
86	83	85	88	90	93	98	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163	168
85	83	85	87	90	93	98	100	102	106	110	113	117	122	126	130	135	140	145	150	155	161	167
84	83	85	87	90	93	98	100	102	105	109	113	117	121	125	129	134	139	144	149	154	159	165
83	82	85	87	90	92	97	101	105	108	112	116	120	124	128	133	137	142	147	152	157	162	168
82	82	85	87	89	92	97	101	104	108	111	115	119	123	127	132	136	141	146	151	156	161	167
81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	136	140	144	149	154	159
80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153	157
79	82	84	86	89	91	94	97	100	103	106	109	113	116	120	124	128	133	137	142	146	151	155
78	82	84	86	88	91	93	96	100	102	105	108	112	115	119	123	127	131	136	140	145	150	154
77	82	84	86	88	90	93	96	100	101	104	108	111	115	118	122	126	130	135	139	144	148	153
76	82	84	86	88	90	93	96	100	101	104	107	110	114	117	121	125	129	133	138	142	147	152
75	82	84	85	88	90	92	95	100	103	106	109	112	116	119	123	127	131	135	140	144	149	154
74	82	83	85	87	90	92	94	99	100	103	106	109	112	116	119	123	127	131	135	138	143	147
73	82	83	85	87	89	91	94	97	100	102	105	108	111	115	118	122	126	130	134	138	141	146
72	82	83	85	87	89	91	93	96	100	101	104	107	111	114	117	121	125	129	133	137	141	145
71	81	83	85	87	89	91	93	96	99	101	104	107	110	113	116	120	124	127	131	136	140	144
70	81	83	85	86	88	90	93	96	99	100	103	106	109	112	116	119	123	126	130	134	138	143
69	81	83	84	86	88	90	92	94	97	100	102	105	108	111	115	118	122	125	129	133	137	141
68	81	83	84	86	88	90	92	94	97	100	102	105	108	111	114	117	121	124	128	132	136	140
67	81	83	84	86	88	90	92	94	97	100	101	104	107	110	113	116	120	123	127	131	135	139
66	81	82	84	86	87	89	91	93	96	99	101	103	106	109	112	115	119	122	126	129	133	137
65	81	82	84	85	87	89	91	93	96	99	100	103	105	108	111	114	118	121	125	128	132	136
64	81	82	84	85	87	89	91	93	96	99	100	102	105	108	110	114	117	120	123	127	131	135
63	81	82	84	85	87	88	90	92	94	97	100	101	104	107	110	113	116	119	122	126	130	133
62	81	82	83	85	86	88	90	92	94	97	100	101	103	106	109	112	115	118	121	125	128	132
61	81	82	83	85	86	88	90	91	93	96	99	100	103	105	108	111	114	117	120	124	127	131
60	81	82	83	84	86	88	89	91	93	96	99	100	102	105	107	110	113	116	119	123	126	129
59	81	82	83	84	86	87	89	91	93	96	99	100	102	104	107	109	112	115	118	122	125	128
58	81	82	83	84	85	87	89	90	92	94	97	99	101	103	105	108	111	114	117	120	124	127
57	80	81	83	84	85	87	88	90	92	94	97	99	100	103	105	108	111	113	116	119	123	126
56	80	81	83	84	85	86	88	90	92	93	96	99	100	102	105	107	110	113	115	118	122	125
55	80	81	82	84	85	86	88	89	91	93	96	99	100	101	104	106	109	112	114	117	120	124
54	80	81	82	83	85	86	87	89	91	93	94	97	99	101	103	106	108	111	114	116	119	123
53	80	81	82	83	84	86	87	88	90	92	94	96	99	100	103	105	107	110	113	115	118	121
52	80	81	82	83	84	86	87	88	90	92	94	96	99	100	102	104	107	109	112	115	117	120
51	80	81	82	83	84	85	87	88	90	91	93	96	99	100	101	104	106	108	111	114	116	119
50	80	81	82	83	84	85	86	88	89	91	93	96	99	100	101	103	105	108	110	113	115	118
49	80	81	82	83	84	85	86	88	89	91	92	94	97	99	100	102	105	107	109	112	115	117
48	80	81	81	82	84	85	86	87	89	90	92	94	96	99	100	101	103	105	108	110	113	115
47	80	81	81	82	83	85	86	87	88	90	91	93	96	99	100	101	103	105	107	109	112	114
46	80	80	81	82	83	84	86	87	88	89	91	93	94	97	99	100	102	104	106	109	111	114
45	80	80	81	82	83	84	85	87	88	89	91	92	94	96	99	100	101	103	105	108	110	113
44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	99	100	101	103	105	107	109	112
43	79	80	81	82	83	84	85	86	87	89	90	92	93	96	99	100	101	103	105	107	109	111
42	79	80	81	82	83	84	85	86	87	88	90	91	93	94	97	99	100	101	104	105	108	110
41	79	80	81	82	82	83	85	86	87	88	90	91	92	94	96	99	100	101	103	105	107	109
40	79	80	81	81	82	83	84	85	87	88	89	91	92	93	96	99	100	101	102	104	106	108
39	79	80	81	81	82	83	84	85	86	87	89	90	91	93	94	97	99	100	101	102	104	106
38	79	80	80	81	82	83	84	85	86	87	88	90	91	93	94	96	99	100	101	103	105	107
37	79	80	80	81	82	83	84	85	86	87	88	89	91	92	94	96	99	100	101	102	104	106
36	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	94	97	99	100	101	102	104
35	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	94	96	99	100	101	103	105
34	79	79	80	81	82	82	83	84	85	86	87	89	90	91	93	94	96	99	100	101	102	104
33	79	79	80	81	82	82	83	84	85	86	87	88	90	91	92	94	96	99	100	1		