OHS POLICY FOR MANAGING HEAT & HUMIDITY

- Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take 1. temperature and humidity readings at the site of the activity. Using a digital sling psychrometer is 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.
- Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat 2. Index. If a digital sling psychrometer is being used, the calculation is automatic.

If the Heat Index is below 95 degrees: 3.

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.

HEAT INDEX CALCULATION AND CHART

Temperature (Fahrenheit)

	Temperature (Fahrenneit)																						
		1	20 1	04 1	00 1	92	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
-	100	79 84	80 87	91	82	83	103	1074	112		121	126	132	137	143	149		161	166 169	174 172	181 179	188 186	195.00 193
H	99	84	87	91	94	98	102	106	111				the second second		142	Married Woman or Widow		160 158	164	171	177	184	
H	98	84	87	90	94			16	110			124	130 129	135 134	140 139	146	STREET, SQUARE, SQUARE,	157	163	169	176	182	189
L	97	84	87	90	94		THE OWNER OF TAXABLE PARTY.	Name and Address of the Owner, where	110			124 123	128	133	138	144	149	155	451	167	174	180	15/8
	96	83	87	90	93		101	105	109 108			122	127	132	137	142	148	154	160	166	472	170	185
H	95	83	86 86	90 89	93		100	104	108	112	116	121	126	131	136	141		152	158	184	70	175	183 181
H	94	83	86	89	92			103	107	1112	CONTRACTOR DESCRIPTION OF THE PERSON NAMED IN	120	125	130	135	140	and the second second	151	157 155	162 161	169 167	173	179
H	92	83	86	89	92	35		103	106	111	115	119	124	129	133	139	143	148	154	159	165	171	171
L	91	83	86	89	92	95		102	106	10	114	116 117	123 122	127 126	132 131	136	141	147	152	158	154	170	176_
	90	83	86	88	91	04		102	105 105	109 109	113	170	121	125	130	135	140	145	151	156	162	168	174
H	89	83	85	88 88	91	94		101	104	106	112	116	120	125	129	134	139	144	149	155	160	166	72
H	88	83 83	85 85	88	91	94	97	100	104	107		115	119	124	128	10:50	135	143	148	153 162	159 157	164 163	170
H	86	83	85	88	90	93	16	100	103	107	110	114	118	123	127 126	132 130	136 135	141 140	145	150	155	16.1	167
	85	83	85	87	90	93	96	99	102	105 105	110 109	113 113	117	122 121	125	129	134	139	144	149	154	159	65
	84	83	85	87	90	93			102 101	105	108	112	116	120	124	128	133	137	142	147	152	158	163
-	83	82 82	85 85	87 87	90 89	92 92			101	104	108	111	115	119	123	127	132	136	141	146	151	156	162
H	82	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135 134	140 138	144	149 148	155 153	158
1	80	82	84	86	89	91	94	97	100	103	105	110	113	117 116	121	125 124	129	163	437	142		6 1510	157
	79	82	84	86	89	91	94	96	99	102 102	106 105	109 108	112	115	119	123	427	131	136	146	145	150	155
L	78	82	84	86 86	88	91 90	93 93			101	104	108		1/15	115	122	126	130	135	109	144	149	153
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t	74	82	83	85	87	90	92	94		100	103 102	106 105	109 108	112	116 115	118	122	126	136	134	138	143	147
	73	82	83	85	87	89	91 91	94 93	75	94	102	104	107	111	114	117	121	125	129	133	137	141	146
-	72	82 81	83	85 85	87 87	89 89	91	93			101	104	107	110	2513	116	120	124	127	131	136 134	140	144 143
H	70	81	83	85	86	88	90	93	1	76	100	103	106	109	112	116	119	123	126 125	130 129	133	127	13
t	69	81	83	84	86	88	90	92	95	97	100	102	105 I 105 I	105 108	111	115	118 117	122	124	129	132	135	140
I	68	81	83	84	86	88	90	92	94 94	96	99	102 101	104	107	110	113	116	120	123	127	131	135	1 1 3 9
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	53	80	81	82	83	84	86	87	89	90	92	94		96	100	103	105	107 107	110	112	115	117	120
-	52	80	81	82	83	84	86	87	88	90	92	94			100	102	104	406	108	111	114	116	
	51	80	81	82	83	84	85 85	87 86	88	90 89	91	93		1		101	103	105	108	110	113	115	11
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Relative Humidity at Site