

Activity should be altered and / or eliminated based on the Heat Index as follows:

<p>Under 95 degrees Heat Index</p> <p>“Green Flag”</p>	<p>*All Sports</p> <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. ➤ Optional water breaks approximately every 30 - 45 minutes for approximately 10 minutes duration. ➤ Ice-down towels for cooling. ➤ Watch / monitor athletes carefully for necessary action.
<p>95 degrees to 99 degrees Heat Index</p> <p>“Yellow Flag”</p>	<p>*All Sports</p> <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. ➤ Optional water breaks approximately every 30 - 45 minutes for approximately 10 minutes duration. ➤ Ice-down towels for cooling. ➤ Watch / monitor athletes carefully for necessary action. <p>*Contact Sports</p> <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. ➤ Reduce time of outside activity. RECOMMENDATION: Practice should not exceed 2-1/2 hours. Consider moving practice to morning or later in the day. ➤ Re-check temperature and heat index approximately every 30 minutes to monitor for increased risks.
<p>100 degrees to 105 degrees Heat Index</p> <p>“Red Flag”</p>	<p>*All Sports</p> <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. ➤ Optional water breaks approximately every 30 - 45 minutes for approximately 10 minutes duration. ➤ Ice-down towels for cooling. ➤ Watch / monitor athletes carefully for necessary action. ➤ Alter uniforms by removing items where feasible. ➤ Allow for changes to dry T-shirts and shorts. ➤ Reduce time of outside activity as well as indoor activity if air conditioning is not available. RECOMMENDATION: Practice length should be 2 hours or less. Consider moving practice to morning or later in the day. Limited conditioning. <p>*Contact Sports and Activities With Additional Equipment</p> <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. RECOMMENDATION: Football wears helmets, t-shirts and shorts. ➤ Re-check temperature and heat index approximately every 30 minutes for increased risks.
<p>Above 105 degrees Heat Index</p> <p>“Black Flag”</p>	<p>*All Sports</p> <p>Stop all outside activity in practice and / or play and stop all inside activity if air conditioning is unavailable.</p>