



## HEAT INDEX PROCEDURES

### Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The athletic trainer, athletic director, or school designee will use the [accuweather.com](http://accuweather.com) website to determine the heat index for the area of the contest/practice. The [accuweather.com](http://accuweather.com) website can be reached through the NYSPHSAA website. Once a person is on the [accuweather.com](http://accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).
- If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

**Please refer to the following chart to take the appropriate actions:**

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|  | RealFeel (Heat Index) under 79 degrees                             | Full activity. No restrictions  |
| <b>R<br/>E<br/>C<br/>O<br/>M<br/>M<br/>E<br/>N<br/>D<br/>E<br/>D</b> | Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees | Provide ample water and multiple water breaks.<br>Monitor athletes for heat illness.<br>Consider reducing the amount of time for the practice session.  |
|  | Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees   | Provide ample water and multiple water breaks.<br>Monitor athletes for heat illness.<br>Consider postponing practice to a time when ReelFeel temp is lower.<br>Consider reducing the amount of time for the practice session.<br>1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).   |
|  | Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees | Provide ample water and water breaks every 15 minutes.<br>Monitor athletes for heat illness.<br>Consider postponing practice to a time when ReelFeel temp is much lower.<br>Consider reducing the amount of time for the practice session.<br>1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).<br>Light weight and loose fitting clothes should be worn.<br>For Practices only Football Helmets should be worn. No other protective equipment should be worn. |
| <b>REQUIRED</b>  | Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater      | No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.   |