



KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION HEAT INDEX MEASUREMENT AND RECORD

KHSAA Form GE20
Rev. 06/11

School: _____

Sport _____

DATE	TIME	TEMP	HUMIDITY	HEAT INDEX (from chart)	ACTIVITY REVISION??	SIGNATURE

• Using the following scale, activity should be altered and / or eliminated based on this Heat Index as determined –

Under 95 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➢ Water should always be available and athletes be able to take in as much water as they desire. ➢ Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group ➢ Have towels with ice for cooling of athletes as needed ➢ Watch/monitor athletes carefully for necessary action. ➢ Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.
95 degrees to 99 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➢ 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 to allow for hydration as a group ➢ Have towels with ice for cooling of athletes as needed ➢ Watch/monitor athletes carefully for necessary action. ❖ Contact sports and activities with additional required protective equipment <ul style="list-style-type: none"> ➢ Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is not otherwise required by rule. ❖ Reduce time of outside activity. Consider postponing practice to later in the day. ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
100 degrees (above 99 degrees) to 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➢ 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 to allow for hydration as a group ➢ Have towels with ice for cooling of athletes as needed ➢ Watch/monitor athletes carefully for necessary action. ➢ Alter uniform by removing items if possible and permissible by rules ➢ Allow for changes to dry t-shirts and shorts by athletes at defined intervals. ➢ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. ➢ Postpone practice to later in day. ❖ Contact sports and activities with additional required protective equipment <ul style="list-style-type: none"> ➢ If helmets of other protective requirement are required to be worn by rule or normal practice, suspend practice or competition immediately ❖ For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day. ❖ Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.
Above 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ All Sports <ul style="list-style-type: none"> ➢ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.