

EXCESSIVE HEAT GUIDELINES

Each school is responsible for obtaining either a Wet Bulb Globe Temperature or Heat Index reading at the site of practices and competitions. Wet Bulb Globe Temperature (WBGT) takes into account more environmental factors than heat index and should be a school's first choice when evaluating conditions and planning activities. In the absence of a Wet Bulb Globe Temperature reading, a digital psychrometer or other instrument may be used at the site of the activity to measure the heat index. The use of a weather app on a cell phone is permissible to measure heat index if no other instrument is available to measure heat index at the site of the practice or competition.

A cold-water immersion tub or other form of rapid on-site cooling should be available for all warm weather practices. If exertional heat stroke is suspected, use immersion for on-site cooling before transporting to the hospital.

<p>WBGT 82.0° – 86.9° or Under 95° Heat Index</p>	<p>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.</p> <p>At a minimum there should be 3 separate rest breaks every 20 min with a minimum duration of 3 minutes each during the workout.</p> <p>Optional water breaks every 30 minutes for 10 minutes in duration. Ice-down towels for cooling. Watch/monitor athletes carefully for necessary action.</p>
<p>WBGT 87° to 89.9° or 95° to 99° Heat Index</p>	<p>All outdoor sports - MAX PRACTICE TIME IS 2 (two) HOURS</p> <p>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 15 minutes for 4 minutes in duration. Ice-down towels for cooling. Watch/monitor athletes carefully for necessary action.</p> <p>For Football: Players are restricted to helmet, shoulder pads, and shorts during practice that does not involve contact, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.</p> <p>Consider postponing practice to later in the day. Re-check temperature and humidity every 30 minutes to monitor for changes in the Heat Index.</p>
<p>WBGT 90° to 92° or 100° to 104° Heat Index</p>	<p>All outdoor sports - MAX PRACTICE TIME IS 1 (one) HOUR</p> <p>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. There must be 20 minutes of rest breaks distributed throughout the hour of practice and no conditioning activities.. Ice-down towels for cooling.</p> <p>Watch/monitor athletes carefully for necessary action.</p> <p>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 day. If necessary for safety, suspend activity. Re-check temperature and humidity every 30 minutes to monitor for changes in the Heat Index.</p> <p>For Football: No protective equipment may be worn during practice that does not involve contact.</p>
<p>Above 92° WBGT or Above 104° Heat Index</p>	<p>Stop all outside activity in practice and/or play and stop all inside activity if air conditioning is unavailable. An outdoor practice cannot take place until WBGT level is 92.0 or below or heat index is 104 or below.</p>

Adapted from TSSAA Heat Policy (2021)