



**Heat Index Guide** - Coaches and Field Managers: These are the Heat Index guidelines that must be followed for all CSAA events that are not in a controlled climate. Use the chart below to determine the Heat Index requirements and follow the procedures strictly. Readings must be taken every 30 minutes during practice or competition time. You must record the information at each practice/game on the [Heat Index Form](#) available online at [www.loucsaa.org](http://www.loucsaa.org). Heat Index monitors may be purchased, or a reliable app on a mobile device allowing for a reading at your specific location may be used to get an accurate reading.

#### **Under 95 Degrees Heat Index**

- 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. Head gear removed during water breaks.
- Have towels with ice for cooling as needed.
- Watch/monitor athletes carefully for necessary action.
- Re-check Heat Index every 30 min and follow procedures below if an increase occurs.

#### **95 Degrees to 99 Degrees Heat Index**

- 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 as a team/group. Head gear removed during water break.
- All equipment removed if not involved in active practice.
- Provide Ice-down towels for cooling.
- Reduce time of outside activity or postpone activity.
- Watch/monitor athletes carefully for necessary action.
- Re-check Heat Index every 30 min and follow procedures below if an increase occurs.

#### **99.1 Degrees Heat Index and Above** (Boys Tackle Football, Softball, Baseball, Field Hockey. These are sports with mandatory safety equipment)

CSAA Sports that require mandatory protective equipment are required to suspend all activity immediately. Resumption of play may not occur until the heat index is 99 Degrees or below.

#### **99.1 Degrees to 101.9 Degrees Heat Index** (all other CSAA 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 as a group. Head gear removed during water break.
- All equipment removed if not involved in active practice.
- Provide Ice-down towels for cooling.
- Reduce time of outside activity or postpone activity.
- Watch/monitor athletes carefully for necessary action.
- Last 30 minutes of practice will be without shoulder pads.
- Re-check Heat Index every 30 min and follow procedures below if an increase occurs.

#### **102 Degrees Heat Index and Above**

- Absolutely no outdoor practice.
- You may have chalk talks or watch film with the players in an air-conditioned location.

If you do a chalk talk or watch film this will count as an OTA.