

## MODEL POLICY FOR HEAT AND HUMIDITY

See [WIAA Football Season Regulations](#) for the Football Acclimatization Policy

30 minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. A digital sling psychrometer or Wet Bulb Globe Thermometer (WBGT) are recommended. Record the readings in writing and maintain the information in files of school administration. Each school should designate who is responsible for these duties, generally the athletic director, head coach or certified athletic trainer.

If unable to use the digital sling psychrometer or WBGT, then calculate the Heat Index using the temperature and humidity.

- National Weather Service: <https://www.wpc.ncep.noaa.gov/html/heatindex.shtml>

### **If the Heat Index is below 95 degrees:**

- 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.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully for necessary action.

### **If the Heat Index is 95 degrees to 99 degrees:**

- 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.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully for necessary action.

For contact sports and activities with additional equipment:

- Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

### **If the Heat Index is above 99 degrees to 104 degrees:**

- 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.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully for necessary action.
- 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 the day.

For contact sports and activities with additional equipment:

- Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

### **If the Heat Index is above 104 degrees:**

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

**Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.**