

NOAA's National Weather Service

Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

Temperature Guidelines

<i>Heat Index</i>	<i>Restrictions</i>
0-90° F	Normal practice guidelines and restrictions
91-104° F	Exercise caution; observe players carefully; frequent water breaks; limit time in which players are wearing full equipment
105° F +	No outside activities; activities limited to air-conditioned school facilities

In hot, humid weather, coaches shall use good judgment in determining the length and nature of the practice. Frequent water breaks shall be provided, and players shall be carefully monitored.

The heat index changes as the day progresses. A heat index in the morning, for instance, may increase to a more dangerous level later in the day. Thus, restrictions that would apply to a morning practice or activity may be different than in the afternoon or evening. The relevant heat index that coaches shall use will be the one nearest to the start time of the practice or activity. The heat index shall be monitored as the day progresses and appropriate modifications implemented.

In extremely cold weather, coaches shall use good judgment in determining the length and nature of the practice. The temperature as well as the wind chill factor should be considered. Athletic events may be rescheduled by mutual agreement of the athletic director of the opposing schools.