



Michigan high school athletic association

MODEL POLICY for MANAGING HEAT & HUMIDITY

Adopted March 22, 2013

1. **Thirty 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. Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.
2. **Factor the temperature and humidity into the Heat Index Calculator and Chart** to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.

3. If the Heat Index is below 95 degrees:

All Sports

- o 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.
- o Optional water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

If Heat Index is 95 to 99 degrees:

All Sports —

- o 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.
- o Optional water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

Contact sports and activities with additional equipment:

- o 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.
- o Optional water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

Contact sports and activities with additional equipment:

- o 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 Heat Index is 99 to 104 degrees:

All Sports —

- o 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.
- o Mandatory water breaks every 30 minutes for 10 minutes in duration.
- o Ice-down towels for cooling.
- o Watch/monitor athletes carefully for necessary action.

- o Alter uniform by removing items if possible.

- o Allow for changes to dry t-shirts and shorts.

- o Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.

- o Postpone practice to later in the day.

Contact sports and activities with additional equipment:

- o 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 Heat Index above 104 degrees:

All Sports

- o **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.

— Over for Heat Index Chart —

