Tennessee Secondary School Athletic Association
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TSSAA Heat Policy (Revised October 2024)

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. Access to water should be available to all athletes at all times.

WBGT 82.0 – 86.9 or Heat Index Under 95 Degrees

- Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

WBGT 87 to 89.9 or Heat Index of 95 Degrees to 99 Degrees

- Maximum practice time is 2 hours.*
- **For All Sports:** Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
- **For Football:**
  Contact is allowed. Full pads may be worn during contact activities. Shoulder pads and helmets must be removed for any activity that does not involve contact. All protective equipment, with the exception of football pants with pads, 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.

WBGT 90 to 92 or Heat Index of 100 Degrees to 104 Degrees

- Maximum practice time is 1 hour. **(This hour includes the 20 minutes of rest breaks)*
- **For All Sports**: There must be 20 minutes of rest breaks distributed throughout the hour of practice and no conditioning activities.
- **For Football**: No protective equipment may be worn during practice that does not involve contact. Protective equipment may be worn for drills that do involve contact.

Above 92.0 WBGT or Heat Index Above 104 Degrees

- No outdoor practice. An outdoor practice cannot take place until WBGT level is 92.0 or below or heat index is 104 or below.
- Interscholastic competitions, including preseason scrimmages and jamborees, must be postponed in the absence of an appropriate health care professional (Certified Athletic Trainer, Certified Nurse Practitioner, Physicians Assistant, Doctor of Medicine, Osteopathic Physician) with access to a cold water immersion tub or other rapid on-site cooling method. Under no circumstances can an outdoor practice take place in these conditions.