

NHCS HEAT ADVISORY ACTION PLAN

The following rules are in effect starting the first official day of ANY sports

- Always follow the NCHSAA practice guidelines: Including mandatory days of no pads & no contact
- Pads, Helmets & all other protective equipment must be removed anytime the WBGT index reaches 87 or heat index reaches 96.
- All practice must move indoors anytime the WBGT index reaches 90 or heat index reaches 105.
- A more accurate estimation of your on-field heat index is to add 5 degrees/points to the heat index reported from any weather service or app (this is the “feels like” number not the actual temp number)
- When in doubt, contact your HS feeder AD to request the WBGT reading their ATC is getting on the field
- If you practice near a HS football team, always follow their practice strategy: *If they are not in pads, then assume the heat is too high for your players to go in pads*
- **Any** outdoor **scrimmages/games** that are being held during this period in NHC must end by **11:00 AM** and not begin until **6:00 PM**. This includes all Pre-Game Warm-ups with full equipment on
- **ALL** equipment/padding/coverings including: helmets, shoulder pads, lower extremity pads, upper extremity pads, face coverings are to be removed by **10:30 AM** & not allowed back on until **6:00 PM ON ALL DAYS WITH HIGH HEAT PREDICTIONS (Forecast Temp is 90 or higher)**
- **Water breaks every 15-30 minutes**, long enough for each athlete to drink 8-10 oz. and cool down (longer intervals between breaks = longer break time)
- **When a player** looks/is dehydrated, sick, tired, overheated, nauseous/vomiting, abnormal breathing patterns etc. **REMOVE IMMEDIATELY** & notify proper medical staff. **NO EXCEPTIONS**

* WBGT thermometers are required by NCHSAA

* If no WBGT reading available, please refer to Heat Index chart on following page

* Safe practice times can vary slightly when **SIGNIFICANT** climate changes are noted (rain, major cloud coverage, relative humidity at least 10% lower than average at start time, temperature at least 10 degrees cooler than average at start time).

HEAT INDEX CHART

- Follow Heat Index chart guidelines below if WBGT is not available; when in doubt remove athletes from dangerous climates
- Water should be available in plentiful amounts at all times for practice & games.
- At least 6-10oz water should be consumed every 20 minutes.
- No athlete should lose more than 3% of body weight while participating. Use pre-participation weight as guideline

HEAT INDEX CHART
(Percentage of Relative Humidity)

	30	35	40	45	50	55	60	65	70	75	80	85	90	95
T														
E	115	135	143	151										
M	110	123	130	137	143	150								
P	105	113	118	123	129	135	142	149						
E	100	104	107	110	115	120	126	132	138	144				
R	95	96	98	101	104	107	110	114	119	124	130	136		
A	90	90	91	93	95	96	98	100	102	106	109	113	117	122
T	85	84	85	86	87	88	89	90	91	93	95	97	99	102
U	80	78	79	79	80	81	81	82	83	85	86	86	87	88
R	75	73	73	74	74	75	75	76	76	77	77	78	78	79
E	70	67	67	68	68	69	69	70	70	70	70	71	71	71

The chart's apparent temperatures are readings in shady, light-wind conditions.
For full sunshine, calculate a 15-degree increase.

GUIDELINES

Heat Index for determining water breaks & equipment levels

85-95 index: Water breaks every 15 minutes

96-104 index: Water breaks every 15 minutes. **Remove Pads; shorts and shirts only**

105-up index: **OFF FIELD; ALL PARTICIPANTS INDOORS**

Heat index caution levels

90-105 index: Watch for signs of heat cramps and heat exhaustion

100-120 index: Heat cramps and heat exhaustion likely

120-130 index: **Heat stroke very likely**