

# TSSAA Heat Policy

The school is responsible for ensuring that the heat index can be measured at the location of all activities. The use of a weather app on a cell phone is permissible, but not encouraged if a digital psychrometer or other instrument is available to use at the site of the activity.

A cold water immersion tub or other form of rapid onsite cooling should be available for all warm weather practices. If exertional heat stroke is suspected, use immersion for onsite cooling before transporting to the hospital.

## **Under 95 Degrees Heat Index**

- 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 for warm weather practices.
- Watch/monitor athletes carefully for necessary action.

## **95 Degrees to 99 Degrees Heat Index**

- 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.
- For contact sports and activities with additional equipment, helmets and other possible equipment should be removed if not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Re-check temperature and humidity every 30 minutes to monitor for increased heat index.

## **100 Degrees to 104 Degrees Heat Index**

- 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.
- If possible, postpone practice to later in the day.
- For contact sports and activities with additional equipment, helmets and other possible equipment should be removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.
- Re-check temperature and humidity every 30 minutes to monitor for increased heat index.

## **Above 104 Degrees Heat Index**

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