

These are guidelines for outdoor practice.

LEVEL	HEAT INDEX TEMPERATURES	AFFECTS ON BODY	PRACTICE HOURS	BREAKS	FLUIDS
<i>Caution</i>	80° - 89° F		Use Caution	Remove Helmet 5 Minute Break Every 20 Minutes	Cold Water
<i>Extreme Caution</i>	90° - 104° F	Cramps or heat exhaustion possible	Use Extreme Caution	Remove Helmet 5 Minute Break Every 15 Minutes	Cold Water
<i>Danger</i>	105° - 129° F	Cramps or heat exhaustion likely, heat stroke possible	Helmets Only Practice Time Should be Shortened With Low Intensity	Remove Helmets 5 Minute Break Every 10 Minutes	Cold Water
<i>Extreme Danger</i>	130° F and Above	Heat stroke highly likely	NO PRACTICE	NO PRACTICE	Cold Water