KHSAA Form GE20
Rev. 04/09

KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION
HEAT INDEX MEASUREMENT AND RECORD

School: _____

Sport: _____

DATE	TIME	TEMP	HUMIDITY	HEAT INDEX (from chart)	ACTIVITY REVISION??	SIGNATURE

Using the following scale, activity should be altered and / or eliminated based on this Heat Index as determined –

Under 95 degrees Heat Index	▪ All sports ▪ 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 ▪ Watch/monitor athletes carefully for necessary action.
95 degrees to 99 degrees Heat Index	▪ All sports ▪ 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. ▪ Contact sports and activities with additional equipment ▪ Helmets and other possible equipment 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	▪ All sports ▪ 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. ▪ Postpone practice to later in day. ▪ Contact sports and activities with additional equipment ▪ Helmets and other possible equipment 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	▪ All Sports Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.