MODEL POLICY FOR MANAGING HEAT & HUMIDITY Adopted March 22, 2013 For 2013-14 MHSAA Handbook and MHSAA Tournaments

- Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.
- 2. Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.

3. If the Heat Index is below 95 degrees:

- 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.
 - o Optional water breaks every 30 minutes for 10 minutes in duration.
 - o Ice-down towels for cooling.
 - Watch/monitor athletes carefully for necessary action.

If the Heat Index is 95 degrees to 99 degrees:

- 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.
 - o Optional water breaks every 30 minutes for 10 minutes in duration.
 - o Ice-down towels for cooling.
 - o Watch/monitor athletes carefully for necessary action.
- Contact sports and activities with additional equipment:
 - Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If the Heat Index is above 99 degrees to 104 degrees:

- 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.
 - o Mandatory water breaks every 30 minutes for 10 minutes in duration.
 - o Ice-down towels for cooling.
 - o Watch/monitor athletes carefully for necessary action.
 - o Alter uniform by removing items if possible.
 - o Allow for changes to dry t-shirts and shorts.
 - o Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
 - o Postpone practice to later in the 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.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If the Heat Index is above 104 degrees:

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

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.

Over for Heat Index PDF

HEAT INDEX CALCULATION AND CHART

Temperature (Fahrenheit)

									ıer	nperat	ture (F	anren	neit)									
	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
100 99	84 84	87 87	91 91	95 94	99 98	103 102	107 106	112 111	116 116	121 120	126 125	132 131	137 136	143 142	149 147	155 153	161 160	168 166	174 172	181 179	188 186	195 193
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184	191
97	84	87	90	94	97	101	105	110	114	119	124	129 128	134	139	145	151	157	163	169	176	182	189
96 95	83 83	87 86	90 90	93 93	97 97	101 100	105 104	109 108	113 113	118 117	123 122	127	133 132	138 137	144 142	149 148	155 154	161 160	167 166	174 172	180 179	187 185
94	83	86	89	93	96	100	104	108	112	116	122 121	126	131	136	141	147	152	158	164	170	177	185 183
93 92	83 83	86 86	89 89	92 92	96 95	99 99	103 103	107 106	111 111	116 115	120 119	125 124	130 129	135 133	140 139	145 144	151 149	157 155	162 161	169 167	175 173	181 179
91	83	86	89	92	95	98	102	106	110	114	119 118	123	127	132	137	143	148	154	159	165	171	178
90 89	83 83	86 85	88 88	91 91	95 94	98 98	102 101	105	109	113	117	122	126 125	131	136	141 140	147	152 151	158	164	170	176
88	83	85	88	91	94	98	101	105 104	109 108	113 112	117 116	121 120	125	130 129	135 134	139	145 144	149	156 155	162 160	168 166	174 172
87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164	170
86 85	83 83	85 85	88 87	90 90	93 93	96 96	100 99	103 102	107 106	110 110	114 113	118 117	123 122	127 126	132 130	136 135	141 140	146 145	152 150	157 155	163 161	168 167
84	83	85	87	90	93	96	99	102	105	109	113 112	117	121	125	129	134	139	144 142	149 147	154	159	165
83 82	82 82	85 85	87 87	90 89	92 92	95 95	98 98	101 101	105 104	108 108	112 111	116 115	120 119	124 123	128 127	133 132	137 136	142 141	147 146	152 151	158 156	163 162
81	82	84	87	89	92	94	97	100	104	107	110 110	114 113	118 117	122	126	131 129	135 134	140 138	144 143	149	155	160
80 79	82 82	84 84	86	89 89	91 91	94 94	97 96	100 99	103 102	106 106	110	113	117 116	121 120	125 124	129	134	138 137	143 142	148	153	158 157
78	82	84	86 86	88	91	93	96	99	102	105	109 108	113 112	115	119	123	128 127	133 131	136	140	146 145	151 150	155
77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148	155 153
76 75	82 82	84 84	86 85	88 88	90 90	93 92	95 95	98 97	101 100	104 103	107 106	110 109	114 113	117 116	121 120	125 124	129 128 127	133 132	138 136	142 141	147 145	152 150
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73 72	82 82	83 83	85 85	87 87	89 89	91 91	94 93	96 96	99 99	102 101	105 104	108 107	111 111	115 114	118 117	122 121	126 125	130 129	134 133	138 137	143 141	147 146
71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140	144
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69 68	81 81	83 83	84 84	86 86	88 88	90 90	92 92	95 94	97 97	100 99	102 102	105	108	111 111	115 114	118	122	125 124	129	133 132	136	141
67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135	139 137
66 65	81 81	82 82	84 84	86 85	87 87	89 89	91 91	93 93	96 95	98 98	101 100	103 103	106 105	109 108	112 111	115 114	119 118	122 121	126 125	129 128	133 132	137 136
64	81	82	84	85	87	89	91	93	95	97	99	102	105	108	110	114	117	120	123	127	131	135
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60	81	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119	123	126	129
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57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123	126
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54	80	81	82	83	85	86	87	89	91	93	94	96	99	101	103	106	108	111	114	116	119	123
53 52	80	81	82	83	84	86	87	89	90	92	94 94	96 96	98 98	100	103	105 104	107 107	110 109	113 112	116 115	118 117	121 120
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50	80	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115	118
49 48	80 80	81 81	82 81	83 82	84 84	85 85	86 86	88 87	89 89	91 90	92 92	94 94	96 96	98 97	100 100	102 102	105 104	107 106	109 109	112 111	115 114	117 116
47	80	81	81	82	83	85	86	87	88	90	92	93	95	97	99	101	103	105	108	110	113	115
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44	80	80	81	82	83	84	85 85	86	88	89	91	92	94	96	97	99	102	103	106	109	110	113
43	79 79	80	81	82	83	84	85 95	86	87 97	89	90	92	93	95	97 96	99	101	103	105	107	109	112
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40	79	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107	109
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37	79	80	80	81	82	83	84	85	86	87	88	90	91	93	94	96	97	99	101	103	105	107
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27	78	79	80	80	81	82	83	83	84	85	86	87	88	90	91	92	93	95	96	98	99	101
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17	78 78	78 78	79	80	80	81	82	83	84	84	85	86	87	88 88	89	90	91	92	93	94	95	96
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15	78 70	78 70	79 70	80	80	81	82	83	83	84	85 05	86	87 97	88	89 90	90	91	92	93	94	95 05	96

Relative Humidity at Site