**Heat Index Protocol**

The Heat Index, sometimes referred to as the apparent temperature, is a measure of how hot it really feels when relative humidity is factored with the actual air temperature.

The heat index tells you how hot it feels at a given humidity. Moist air feels hotter than dry air because it makes sweating less efficient. On a hot, dry day, your sweat will evaporate quickly and cool your skin; under humid conditions, sweat evaporates more slowly and doesn't do as much.

(Heat Index = combination of Temperature and Humidity)

To determine the Heat Index go to <http://www.calculator.net/heat-index-calculator.html>

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| Under 95° Heat Index | GREEN   * Provide ample amounts of water. This means that water should always be available and members, staff and volunteers 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 members, staff and volunteers carefully for necessary action. |
| 95° to 99° Heat Index | YELLOW   * General   + Provide ample amounts of water. This means that water should always be available and members, staff and volunteers 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 members, staff and volunteers carefully for necessary action. * 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° to 104° Heat Index | ORANGE   * General   + Provide ample amounts of water. This means that water should always be available and members, staff and volunteers 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 members, staff and volunteers 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. * Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index |
| Above 104° Heat Index | RED   * Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable |