**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>

|  |  |
| --- | --- |
| 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
 |