

Columbia Ravens Heat Index Procedures

(As directed by USA Football Heat Acclimatization and Heat illness prevention)

Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a Football director, or designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The Football director or designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).

Game time

- If the RealFeel temperature (heat index) is 90 degrees or above, the Football director, or designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Practice

- The RealFeel temperature (heat index) will be **check 90 minutes prior to the start of practice**. If the heat index is 90 degrees or above, the Football director, or designee will re-check the RealFeel (heat index) **60 minutes** prior to start of practice. At this time a decision will be made on practice using the Heat Index Guidelines chart below. If **NO** notification is received (email and/or text) practice will begin **ON TIME**.

Heat Index Guidelines

RealFeel Heat Index	Actions
Less than 79 degrees	Full activity. No restrictions
80 - 85 degrees (Caution)	<p>Provide ample water and multiple water breaks.</p> <p>Monitor athletes for heat illness.</p> <p>Consider reducing the amount of time for the practice session.</p>
86 - 90 degrees (Watch)	<p>Provide ample water and multiple water breaks.</p> <p>Monitor athletes for heat illness.</p> <p>Consider postponing practice to a time when RealFeel temp is lower.</p> <p>Consider reducing the amount of time for the practice session.</p> <p>1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).</p>
91 - 100 degrees (Warning)	<p>Provide ample water and water breaks every 15 minutes.</p> <p>Monitor athletes for heat illness.</p> <p>Consider postponing practice to a time when RealFeel temp is much lower.</p> <p>Consider reducing the amount of time for the practice session.</p> <p>1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).</p> <p>Light weight and loose fitting clothes should be worn.</p> <p>For practices only Football helmets should be worn. No other protective equipment should be worn.</p>
101 - 105 degrees or greater (Alert)	<p>No outside activity, practice or contest should be held.</p> <p>Inside activity should only be held if air-conditioned.</p>