Oregon School Activities Association
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Heat Index Record

Sport _____ Level _____

DATE	PRACTICE TIME	WEATHER CHECK TIME	TEMP	HUMIDITY	HEAT INDEX	ACTIVITY REVISION	SIGNATURE

***Using the scale provided or OSAA Heat Index Calculator, activity should be altered and / or eliminated when the following conditions are present.

Under 95˚ Heat Index	Maximum of 5 hours of practice today. Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as they desire. Watch/monitor athletes for necessary action.
95˚ to 99˚ Heat Index	Maximum of 5 hours of practice today. OSAA Recommendation: Consider postponing practice to later in the day. Practice length a maximum of 3 hours. Mandatory 3 hour recovery period between practices. Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety. Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as they desire. Watch/monitor athletes for necessary action.
100˚ to 104˚ Heat Index	Maximum of 5 hours of practice today. OSAA Recommendation: Postpone practice to later in the day. Practice length a maximum of 3 hours. Mandatory 3 hour recovery period between practices. Alter uniform by removing items if possible - Allow for changes to dry t-shirts and shorts. Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety. Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable. Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as they desire. Watch/monitor athletes for necessary action.
Above 104˚ Heat Index	OSAA Recommendation: Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.