

BONITA HIGH SCHOOL – HEAT GUIDELINES FOR ALL ACTIVITIES AND PROGRAMS

<p>90 to 95 Degrees AND Humidity above 40% OR Heat Index Of 80-90</p> <p>“Yellow Flag”</p>	<p>All Sports</p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take as much water as they desire. • Mandatory water breaks every 30 minutes for 10 minutes duration. • Iced towels are made available for cooling. • Monitor athletes and staff carefully for necessary modification or actions
<p>96-99 Degrees AND Humidity above 40% OR Heat Index of 91-103</p> <p>“Orange Flag”</p>	<p>All Sports</p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. • Mandatory water breaks every 30 minutes for 10 minute duration. • Ice down towels for cooling. • Watch / monitor athletes and staff carefully for heat related symptoms. • Limited or no conditioning. <p><u>Contact Sports (In addition to all things listed above)</u></p> <ul style="list-style-type: none"> • Helmets and other possible equipment removed if not involved in contact or necessary for safety. • Reduce time of outside activity. Recommendation: Practice should not exceed 2-1/2 hours. • Re-check temperature and heat index approximately every 30 minutes to monitor for increased risks.
<p>100-104 Degrees AND Humidity above 40% OR Heat Index Of 104-124</p> <p>“Red Flag”</p>	<ul style="list-style-type: none"> • All Sports • Provide ample amounts of water. Athletes should be able to take in as much water as they desire and at anytime. This is in addition to mandatory water breaks every 20 minutes! • Mandatory water breaks approximately every 20 min for 10 minute duration. • Ice down towels for cooling. • Watch / monitor athletes for heat related conditions • Alter uniforms by removing items where feasible. • Allow for changes to dry T-shirts and shorts. • Reduce time of activity as well as indoor activity if air conditioning is not available. • Practice length should be 2 hours or less. Move practice to morning or later in the day. • Limited or not conditioning. <p><u>Contact Sports (in addition to all things listed above)</u></p> <ul style="list-style-type: none"> • Helmets and other possible equipment removed if not involved in contact or necessary for safety. • Reduce time of outside activity. Recommendation: Practice should not exceed 2 hours. Move practice to morning (if possible) or after 6:00 pm if pads and helmets will be worn. • Re-check temperature and heat index every 30 minutes to monitor for

	increased risks.
<p>Greater than 104 Degrees OR Heat Index Greater than 125</p> <p>“Black Flag”</p>	<p>All Sports</p> <p>Stop all indoor (if there is no air conditioning) and outdoor activities until weather conditions permit continued activity.</p>
<p>Game Days</p>	<p>All Sports</p> <p>Games often present a number of challenges to administrators, coaches, and players. As much as possible we would like to follow the above described procedures. But there are times that because of schedules, buses, field availability, and the policies of others schools and districts that games cannot be rescheduled or postponed. When games cannot be rescheduled and must be played under adverse conditions, Bonita Administrators, Athletic Directors and coaches will recommend the following modifications where appropriate.</p> <ul style="list-style-type: none"> • Provide ample amounts of water and encourage game officials to take frequent breaks for players to rest and hydrate. • Remove helmets and other possible equipment if not involved in contact or necessary for safety. • Ice down towels for cooling. • If deemed appropriate by officials and coaches, use a running clock to shorten the period of play. • Possibly lengthen the period between quarters and half time for rest and hydration as deemed appropriate by officials and coaches. • Running events should provide appropriate supervision throughout the course to ensure participant safety and render first aid in the quickest possible manner to runners in distress.

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A VICTORIA I.S.D.

		TEMPERATURE																		<u>Relative Heat Index</u>									
		80	85	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110					
H U M I D I T Y	0										89	90	91	91	92	93	93	94	95	95	96	97	98	99					
	5										90	91	92	93	94	95	95	96	97	98	99	100	101	102					
	10							89	90	91	92	93	94	95	96	97	96	99	100	101	102	103	104	105					
	15					88	89	90	91	92	93	94	96	97	98	99	100	101	102	103	105	106	107	108					
	20		82	87	88	89	90	91	93	94	95	96	98	99	100	101	103	104	105	107	108	109	110	112					
	25		83	88	89	90	91	92	94	95	97	98	100	101	103	104	106	108	109	110	112	114	116	117					
	30	78	84	90	91	92	93	94	96	97	99	101	102	104	106	108	110	112	113	115	117	119	121	123					
	35	79	85	91	92	94	95	96	98	99	101	103	105	107	109	111	114	116	118	120	122	125	127	130					
	40	79	86	93	94	96	98	99	101	103	105	107	108	110	112	115	118	121	123	125	128	131	134	137					
	45	80	87	95	96	98	100	102	104	106	108	110	113	115	118	120	123	126	129	132	135	138	141	149					
	50	81	88	96	98	100	102	104	107	109	112	115	118	120	123	126	129	132	135	138	141	144	147	150					
55	81	89	98	100	102	105	108	110	113	116	119	122	126	129	132	135	139	142											
60	82	90	100	102	105	108	111	114	117	121	125	129	132	135	139	143	146	149											
65	83	91	102	105	109	112	116	119	123	127	131	135	138																
70	85	93	106	113	113	117	121	124	128	132	136	140	144																
75	86	95	109	117	117	121	126	130																					
80	86	97	113	120	122	126	131	136																					
85	87	99	117																										
90	88	102	122																										
95	89	105																											
100	91	108																											

VISD HEAT INDEX WORKOUT/COMPETITION STANDARDS

HEAT INDEX LOWER THAN TEMPERATURE
TAKE NORMAL PRECAUTIONS BASED ON TEMPERATURE ALONE

99 HEAT INDEX GREATER THAN TEMPERATURE
INCREASE BREAKS, MONITOR OBSE, AND NON-CONDITIONED ATHLETES

105 HEAT INDEX SEVERE - HEAT CRAMPS OR HEAT EXHAUSTION LIKELY
HEAT STROKE POSSIBLE
MODIFY WORKOUT/COMPETITION

113 EXTREME HEAT INDEX
WORKOUT/COMPETITION
CANCELED OR POSTPONED

Sources: Gatorade Sports Science Institute

American Academy of Orthopedic Surgeons

*Coaches, Athletic Directors and administrators can access this information from the Weather Channel. This can be found on the web as well as most smart phones.