

Guidance for Physical Activity and Athletics Based on the Heat Index

Category	Recommendations for Outdoor Instructional Activities, Including PE and Special Events	Precautions for Athletics	Suggested Fluid Intake for Athletics
Under 95° F Heat Index "Green Flag"	If indoors: increase room ventilation (open windows/doors, use fans); If outdoors: use strategies below as needed.	Low to Moderate Risk: Use caution for practice sessions and monitor on basis of individual risk factors. Workout-to-Rest Ratio: 6:1	Fluid replacement beverages should be easily accessible in individual fluid containers to permit easier monitoring of fluid intake. Allow athlete to carry water bottles when practical.
95° to 99° Heat Index "Yellow Flag"	Activity: decrease physical activity at recess and in PE classes; and, limit recess to cooler morning hours Clothing: loose-fitting, light colored, lightweight clothing; encourage wide brimmed hats. Sunscreen: Sun Protection Factor [SPF] 15 or higher. Access to water: encourage students to bring water bottles or take frequent water breaks; provide wet wipes, damp clothes and/or spray bottles to cool forehead, arms, legs, and face.	High Risk: Use increased caution for practice sessions and consider modifying practice lengths and intensity level ; decrease physical activity at recess and in PE classes; and, limit recess to cooler morning hours Workout-to-Rest Ratio: 2-3:1	Athlete should consume 17-20 fl oz of water 2-3 hours before exercise and 7-10 fl oz of water 10 to 20 minutes before exercise. Fluid replacement of 7-10 fl. oz should occur every 10-20 minutes during physical activity
100° to 105° Heat Index "Red Flag"	All of the above. Move students/staff to cooler areas of campus, as often as necessary, to avoid being in the above 90° Heat Index areas for longer than 60 to 90 minutes at a time. Consider rescheduling or delaying the event until safer conditions prevail	Very High Risk: Take steps to reduce risk factors (e.g., more and longer rest breaks, reduced practice time, reduced exercise intensity, access to shade, minimal clothing and equipment, cold tubs at practice site, etc.). Consider rescheduling or delaying until safer conditions prevail. Heat index should be rechecked every 30 minutes. Workout-to-Rest Ratio: 1-2:1	Mandatory water breaks every 20 minutes for 10 minutes in duration. Traditional sports drinks with appropriate carbohydrate (CHO) and sodium may provide additional benefit for the athlete. A 6-8% addition of CHO to water is the maximum that should be utilized. All fluids should be cold to optimize gastric emptying.
Above 105° Heat Index "Black Flag"	All of the above and immediately move the students/staff to cooler areas of the building. If there are no suitable locations below the "Black Flag" level, immediately contact the Office of Environmental Health and Safety to determine what actions, including the possible dismissal/ modification of school to initiate.	Extreme Risk: No practice or competition. Reschedule or delay until safer conditions prevail Heat Index should be rechecked every 30 minutes	All students must have water readily available to them.

Heat Index temperature **IS NOT** the same as regular (thermometer) temperature. For definition of Heat Index and/or more information, please see BUL-963.1. For the current Heat Index, go to www.noaa.gov to enter your location. The Heat Index will be listed under Detailed Forecast, Current Conditions and/or Hourly Weather Graph, but only during excessively hot weather.

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