



HEAT INDEX POLICY FOR ATHLETICS

PROCEDURE FOR AVOIDING HEAT INJURY / ILLNESS THROUGH ANALYSIS OF HEAT INDEX AND RESTRUCTURING OF ACTIVITIES AND RECOMMENDATIONS FOR COOLING METHODS DUE TO HEAT RELATED ILLNESS



INTRODUCTION

In an effort to help protect the health and safety of **students**, ISLAND PACIFIC ACADEMY is issuing this procedure for immediate implementation. This procedure sets the standard for the determination of the Heat Index (using on site devices to measure Temperature and Relative Humidity), and a guideline for activity to be conducted at that time based on the Heat Index reading. This procedure will be implemented and amended as needed to comply with athletic league rules or Hawaii state law.

GENERAL PROCEDURE

The procedure calls for the determination of the Temperature and Relative Humidity at on site using a Digital psychrometer. It is important to note that media-related temperature readings (such as the Weather Channel, local radio, etc.), or even other readings in the general proximity are not permitted as they may not yield defensible results when considering the recommended scale. For local accuracy the readings must be made at the site.

- Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity.
- Using a digital psychrometer is recommended.
- Record the readings in writing on the provided form.
- Recommended measuring device

Kestrel

https://kestrelmeters.com/?utm_source=google&utm_medium=cpc&term=kestrel&gclid=CNGutNCjtc4CFc9ahgod33EKIQ



Heat Index under 95°

All activities/sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling for athletes
- Watch/monitor students/athletes carefully for necessary action

Heat Index 95° to 99°all activities/sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling for athletes
- Watch/monitor students/athletes carefully for necessary action

Contact sports: Helmets and other possible equipment should be removed if not involved in contact

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

Heat index 100° to 104°all activities/sports:

- Postpone practice to later in day if possible
- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling for athletes
- Watch/monitor athletes carefully for necessary action
- Alter uniform by removing items if possible
- Reduce time of outside activity as well as indoor activity if air conditioning unavailable

Contact sports and activities with additional equipment

- Helmets and other possible equipment must be removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index

Heat index above 104°

All activities/sports:

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

