Heat Index Calculation and Chart Temperature (In Fahrenheit)

	i Ciliberature (iii r																					
Ī		79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99
	100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188
ſ	99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186
ı	98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184
	97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182
	96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180
	95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179
	94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177
ı	93	83	86	89	92	96	99	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175
Ī	92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173
ı	91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171
ı	90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170
ı	89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168
Ī	88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166
ı	87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164
ı	86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163
ı	85	83	85	87	90	93	96	99	102	106	110	113	117	122	126	130	135	140	145	150	155	161
ı	84	82	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159
Ī	83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158
◗▮	82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	136	141	146	151	156
? [81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155
) [80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153
, r	79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151
, J	78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150
⋰	77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148
7	76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147
ſ	75	82	84	85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145
Ī	74	82	83	85	87	89	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144
ſ	73	82	83	85	87	89	91	94	96	99	102	105	108	111	115	118	122	126	130	134	138	143
Ī	72	82	83	85	87	89	91	93	96	99	101	104	107	111	114	117	121	125	129	133	137	141
Ī	71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140
ſ	70	81	83	85	86	88	90	93	95	98	100	103	106	109	112	116	119	123	126	130	134	138
ſ	69	81	83	84	86	88	90	92	95	97	100	102	105	108	111	115	118	122	125	129	133	137
: T	68	81	83	84	86	88	90	92	94	97	99	102	105	108	111	114	117	121	124	128	132	136
!	67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135
: [66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133
5 [65	81	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118	121	125	128	132
:	64	81	82	84	85	87	89	91	93	95	97	99	102	105	108	110	114	117	120	123	127	131
7	63	81	82	84	85	87	88	90	92	94	97	99	101	104	107	110	113	116	119	122	126	130
ı	62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128
ı	61	81	82	83	85	86	88	90	91	93	96	98	100	103	105	108	111	114	117	120	124	127
Ī	60	81	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119	123	126
ı	59	81	82	83	84	86	87	89	91	93	95	97	99	102	104	107	109	112	115	118	122	125
Ī	58	81	82	83	84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124
Ī	57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123
ı	56	80	81	83	84	85	86	88	90	92	93	95	98	100	102	105	107	110	113	115	118	122
ı	55	80			REV	EDQ	E /D/	\CE	2)	91	93	95	97	99	101	104	106	109	112	114	117	120
ı	54	80	- '	SLL					· ~)	91	93	94	96	99	101	103	106	108	111	114	116	119
ſ	53	80			FOR		ΓΙΥΙΤ	Y		90	92	94	96	98	100	103	105	107	110	113	116	118
ſ	52	80	/	FC	SATIO				NΙD	90	92	94	96	98	100	102	104	107	109	112	115	117
ſ	51	80	1						טאו	90	91	93	95	97	99	101	104	106	108	111	114	116
ſ	50	80			L	EGE	NĎ			89	91	93	95	97	99	101	103	105	108	110	113	115
ſ	49	80	01	02	03	04	00	00	00	89	91	92	94	96	98	100	102	105	107	109	112	115
ſ	48	80	81		82	84	85	86	87	89	90	92	94	96	97	100	102	104	106	109	111	114
Γ	47	80	81	81	82	83	85	86	87	88	90	92	93	95	97	99	101	103	105	108	110	113
ſ	46	80	80	81	82	83	84	86	87	88	90	91	93	95	96	98	100	103	105	107	109	112
ſ	45	80	80	81	82	83	84	85	87	88	89	91	92	94	96	98	100	102	104	106	109	111
ſ	44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	97	99	101	103	106	108	110
ſ	43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109
ſ	42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	96	98	100	102	104	106	109
	41	79	80	81	82	82	83	85	86	87	88	90	91	93	94	96	98	100	101	104	106	108
	40	79	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107
Ĺ	39	79	80	81	81	82	83	84	85	86	88	89	90	92	93	95	97	98	100	102	104	106
ſ	38	79	80	80	81	82	83	84	85	86	87	89	90	91	93	95	96	98	100	102	104	106
ſ	37	79	80	80	81	82	83	84	85	86	87	88	90	91	93	94	96	97	99	101	103	105
ſ	36	79	80	80	81	82	83	84	85	86	87	88	89	91	92	94	95	97	99	100	102	104
ı	35	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	95	96	98	100	102	104
ı	34	79	79	80	81	82	82	83	84	85	86	88	89	90	92	93	94	96	98	99	101	103
f	33	79	79	80	81	82	82	83	84	85	86	87	89	90	91	93	94	96	97	99	101	102
ŀ	32	79	79	80	81	81	82	83	84	85	86	87	88	90	91	92	94	95	97	98	100	102
ŀ	31	79	79	80	81	81	82	83	84	85	86	87	88	89	91	92	93	95	96	98	99	101
ŀ	30	79	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	94	96	97	99	101
ŀ	29	79 79	79	80	80	81	82	83	84	85	86	87	88	89	90	91	93	94	95	97	98	100
ŀ	28	79 78	79	80	80	81	82	83	84	84	85	86	88	89	90	91	93	94	95	97	98	100
ŀ	27	78 70	79	80	80	81	82	83	83	84	85	86	87	88	90	91	92	93	95	96	98	99
ļ	26	78	79	80	80	81	82	82	83	84	85	86	87	88	89	91	92	93	94	96	97	99
ļ	^-	78	79	79	80	81	82	82	83	84	85	86	87	88	89	90	91	93	94	95	97	98
ļ	25		79	79	80	81	82	82	83	84	85	86	87	88	89	90	91	92	94	95	96	98
}	24	78		79	80	81	81	82	83	84	85	86	87	88	89	90	91	92	93	95	96	97
-	24 23	78	79				~	0.0	83	84	85	86	87	88	89	90	91	92	93	94	96	97
- - - - - -	24 23 22	78 78	79	79	80	81	81	82														
- - - - -	24 23	78			80 80	81 81	81 81	82	83	84	85	85	86	87	88	89	91	92	93	94	95	97
- - - - - -	24 23 22	78 78	79	79								85 85	86 86		88 88	89 89	91 90	92 91	93 93			
- - - - -	24 23 22 21	78 78 78	79 79	79 79	80	81	81	82	83	84	85			87						94	95	97
- - - - - - - -	24 23 22 21 20	78 78 78 78	79 79 79	79 79 79	80 80	81 81	81 81	82 82	83 83	84 84	85 85	85	86	87 87	88	89	90	91	93	94 94	95 95	97 96 96
	24 23 22 21 20 19	78 78 78 78 78	79 79 79 79	79 79 79 79	80 80 80	81 81 81	81 81 81	82 82 82	83 83 83	84 84 84	85 85 84	85 85	86 86	87 87 87	88 88	89 89	90 90	91 91	93 92	94 94 94	95 95 95	97 96

Relative Humidity at Sife

Heat Index Calculation and Chart

ACTIVITY CESSATION CHART

UNDER 95 DEGREES HEAT INDEX OR WBGT 86.9 AND BELOW

- a) All sports
- (1) Water should always be available and athletes be able to take in as much water as they desire;
- (2) Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group;
- (3) Have towels with ice for cooling of athletes as needed:
- (4) Watch/monitor athletes carefully for necessary action; and
- (5) Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.

95 TO 99 DEGREE HEAT INDEX95 DEGREES TO 99 DEGREES HEAT INDEX OR WBGT 87.0 TO 89.9 A) ALL SPORTS

a) All sports

- (1) Water should always be available and athletes should be able to take in as much water as they desire;
- (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices;
- (3) All breaks shall be taken in areas outside of direct sunlight;
- (4) Have towels with ice for cooling of athletes as needed; and
- (5) Watch/monitor athletes carefully for necessary action.
- b) Additional Steps for Contact sports and activities with additional required protective equipment:
- (1) Helmets and other required equipment (by rule) should be removed when athlete not directly involved with competition, drill or practice, and it is not otherwise required by rule;
- (2) Reduce time of outside activity. Consider postponing practice to later in the day; and
- (3) Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

100 DEGREES (ABOVE 99) TO 104 DEGREES HEAT INDEX OR WBGT BETWEEN 90.0 AND 91.9

- a) All sports
- (1) Water should always be available and at letes should be able to take in as much water as they desire;
- (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices;
- (3) All breaks shall be taken in areas outside of direct sunlight;
- (4) Have towels with ice for cooling of athletes as needed:
- (5) Watch/monitor athletes carefully for necessary action;
- (6) Alter uniform by removing items if possible and permissible by rules;
- (7) Allow for changes to dry T-shirts and shorts by athletes at defined intervals;
- (8) Reduce time of outside activity as well as indoor activity if air conditioning is unavailable; and
- (9) Postpone practice to later in day.
- b) Additional Steps for Contact sports and activities with additional required protective equipment:
- (1) If helmets or other protective equipment are required to be worn by rule or normal practice, suspend practice or competition immediately and resumption may not occur until the index is 99 degrees or below;
- (2) For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day; and
- (3) Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.

ABOVE 104 DEGREES HEAT INDEX OR OVER 92 WBGT

- a) All sports
- (1) Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

CONTINUAL USAGE AND MONITORING

- a) This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity.
- b) The KHSAA will use September 15 as the standard date for the recording of the Heat Index forms in the fall, and April 15 as the start date in the spring.
- c) Member schools should remember that the monitoring shall continue any time that a combination of heat and humidity at that level could result in a need to curtail activity (an ambient temperature of 83 degrees or higher).