KHSAA Form GE20
Rev. 06/23

HEAT INDEX / WET BULB GLOBE MEASUREMENT AND RECORD

School: _____ Sport _____

DATE	TIME	DSP OR WBGT HUMIDITY	HEAT INDEX OR WBGT TEMP	ACTIVITY REVISION??	SIGNATURE

Using the following scale, activity should be altered and / or eliminated based on this Heat Index / WBGT as determined –

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 and a prepared cooling tub for cooling of athletes as needed; (4) Watch/monitor all athletes carefully for necessary action;	(5) Re-check WBGT or Heat Index every 30 minutes if the temperature rises. (6) Use discretion for intense or prolonged exercise; (7) Watch at-risk players carefully; and (8) Provide multiple rest breaks periodically each hour for at least four (4) minutes.
95 DEGREES TO 99 DEGREES HEAT INDEX OR WBGT 87.0 TO 89.9	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 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) Maximum practice time should be two (2) hours of total activity in the area; (5) Have towels with ice and a fully prepared cooling tub for cooling of athletes as needed; (6) Re-check WBGT or Heat Index every 30 minutes if the temperature rises. (7) Use discretion for intense or prolonged exercise; (8) Watch/monitor athletes carefully for necessary action. (9) Watch at-risk players carefully; and (10) Provide multiple rest breaks periodically in each hour of at least four (4) minutes.	b) Additional Steps for Football and Boys' Lacrosse: (1) Helmets and other required equipment (by rule) should be removed when the athlete is not directly involved with competition, drill or practice, and it is not otherwise required by rule; (2) All protective equipment should be removed for any additional conditioning activities; (3) If the WBGT or Heat Index rises to this level after practice has begun, players may continue to work out using uniform pants without changing into shorts, but all other equipment restrictions are in place; (4) Reduce time of outside activity and consider postponing practice to later in the day; and (5) Re-check WBGT or Heat Index every 30 minutes to monitor for increased Heat Index. c) Additional Steps for Field Hockey, Girls' Lacrosse, Baseball and Softball: (1) If the activity requires protective equipment on the participants' body (i.e., goalie or catcher gear), then adhere to the additional steps for Football and Boys' Lacrosse.
100 DEGREES (ABOVE 99 DEGREES) TO 104 DEGREES HEAT INDEX OR WBGT BETWEEN 90.0 AND 91.9	a) All sports (1) Water should always be available, and athletes should be able to take in as much water as they desire; (2) Maximum practice time should be one (1) hour of total activity in the area with at least twenty (20) minutes of breaks distributed through that hour; (3) Mandatory water breaks every 30 minutes for 10 minutes to allow for hydration as a group if contests are being conducted. (4) 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; (5) All breaks shall be taken in areas outside of direct sunlight; (6) Have towels with ice and a fully prepared cooling tub for cooling of athletes as needed; (7) Watch/monitor athletes carefully for necessary action; (8) Alter uniform by removing items if possible and permissible by rules; (9) Allow for changes to dry T-shirts and shorts by athletes at defined intervals; (10) Re-check temperature and humidity every 15 minutes if the temperature rises. (11) Reduce time of outside activity as well as indoor activity if air conditioning is unavailable; and (12) Postpone practice to later in the day.	b) Additional Steps for Football and Boys' Lacrosse: (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 WBGT or Heat Index is below this level; (2) No protective equipment may be worn during practice, and there may be no conditioning activities; (3) Re-check WBGT or Heat Index every 15 minutes to monitor for changes in Heat Index. c) Additional Steps for Field Hockey, Girls' Lacrosse, Baseball and Softball: (1) If the activity requires protective equipment on the participants' body (i.e., goalie or catcher gear), then adhere to the additional steps for Football and Boys' Lacrosse.
ABOVE 104 DEGREES HEAT INDEX OR 92 WBGT OR OVER	a) All sports (1) Stop all outside activity in practice and play, and stop all inside activity if air conditioning is unavailable.	
Continual Use Procedure	a) This procedure is to be used until 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 expected date for recording the GE20 forms in the fall and April 15 as the start date in the spring, but the measurements must be taken any time the conditions warrant. 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).activity (an ambient temperature of 83 degrees or higher).	