

# C.S.A.A. HEAT INDEX RULES

COACHES AND FIELD MANAGERS, THERE ARE NEW HEAT INDEX GUIDELINES IN PLACE. You must follow these guidelines if you are not practicing in an air-conditioned facility. Please look at the chart below to refer to after using the heat monitor to determine the heat index. Readings must be taken no earlier than 1 hour prior to practice time. **YOU MUST RECORD THE INFORMATION AT EACH PRACTICE ON THE HEAT INDEX FORM PROVIDED TO YOU.** Please be aware that you can set the monitor's alarm to certain heat indices so that if the heat index rises during practice, the alarm will sound.

<p><b><u>WHITE DAY</u></b></p> <p>Under 95 degrees Heat Index</p>	<ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.</li> <li>• Optional water breaks every 30 minutes for 10 minutes in duration. Head gear off during water breaks.</li> <li>• Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> </ul>	<p><b><u>RED DAY</u></b></p> <p>100 degrees to 102 degrees Heat Index</p>	<ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes in duration. Head gear removed during water break.</li> <li>• All equipment removed if not involved in active practice.</li> <li>• Mandatory Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary</li> <li>• Last 30 minutes of practice will be with out shoulder pads.</li> </ul>
<p><b><u>GRAY DAY</u></b></p> <p>95 degrees to 99 degrees Heat Index</p>	<ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes in duration. Head gear removed during water break.</li> <li>• All equipment removed if not involved in active practice.</li> <li>• Mandatory Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> </ul>	<p><b><u>BLUE DAY</u></b></p> <p>Above 103 degrees Heat Index</p>	<ul style="list-style-type: none"> <li>• No practice</li> <li>• You may have chalk talks or watch film with the players in an air condition location.</li> <li>• If you do a chalk talk or watch film this will count as a night of practice.</li> </ul>