

KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION HEAT INDEX MEASUREMENT AND RECORD

SCHOOL:_____

SPORT:_____

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE

WBGT LEVELS/ZONES	ACTIVITY ZONES & ACTIVITY MODIFICATION		
UNDER 79.9	0- • Normal activities• Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each.		
80.0 - 84.6	1- • MINIMUM 3 separate rest breaks each hour with a minimum duration of 4 minutes each.• Cold water immersion tub or other rapid cooling method should be prepared and ready.		
84.7 – 87.7	 2-• MINIMUM 4 separate rest breaks each hour with a minimum duration of 4 minutes each. 2 HOUR MAXIMUM length of practice (not including rest breaks) Cold water immersion tub or other rapid cooling method prepared and ready Consider competition alterations Coordinate with contest officials to allow for additional breaks Shorten length of sub-varsity competitions Shorten length of course (Cross Country) Football specific: Protective equipment should be limited to helmets and shoulder pads, and these should be removed for conditioning. If practice begins in a cooler range (green or yellow), but increases to orange during practice, players may continue practice in full protective gear. 		
87.7 – 89.7	 3-• 1 HOUR MAXIMUM length of practice (not including rest breaks) MINIMUM 20 minutes of rest breaks distributed throughout the 1 hour of practice Cold water immersion tub or other rapid cooling method prepared and ready Consider competition alterations Coordinate with contest officials to allow for additional breaks Shorten length of sub-varsity competitions Shorten length of course (Cross Country) Consider delaying practice/competitions until a cooler WBGT is reached Football specific: No protective equipment should be worn. No conditioning activities 		
OVER 89.7	4- • No outdoor workouts. Delay practice/competitions until a cooler WBGT is reached.		