



# NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

## HEAT INDEX MEASUREMENT AND RECORD

### ***REGION 1***

SCHOOL: \_\_\_\_\_

SPORT: \_\_\_\_\_

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE

WBGT READING	ACTIVITY ZONES & ACTIVITY GUIDELINES
<b>UNDER 76.1</b>	0- NORMAL ACTIVITIES – 3 SEPARATE - 3 TO 5 MINUTE REST / WATER BREAKS PER HOUR
<b>76.2 – 81.0</b>	1-USE DISCRETION FOR INTENSE / PROLONGED PRACTICE 3 SEPARATE - 4 TO 6 MINUTE REST / WATER BREAKS PER HOUR MONITOR AT-RISK ATHLETES CLOSELY COLD WATER IMMERSION AVAILABLE
<b>81.1 – 84.0</b>	2-MAXIMUM PRACTICE TIME IS 2 HOURS HELMETS AND SHOULDER PADS ONLY: REMOVE HELMETS AND SHOULDER PADS IF CONDITIONING (FOOTBALL) 4 SEPARATE - 4 TO 6 MINUTE REST / WATER BREAKS PER HOUR MONITOR AT-RISK ATHLETES CLOSELY COLD WATER IMMERSION AVAILABLE <b>CONTESTS: PER NFHS RULES, IMPLEMENT ADDITIONAL/EXTENDED TIMEOUTS FOR REST / WATER BREAKS</b>
<b>84.1 – 86.1</b>	3-MAXIMUM PRACTICE TIME IS 1 HOUR HELMETS AND SHOULDERS PADS PROHIBITED (FOOTBALL) NO CONDITIONING 4 SEPARATE - 5 TO 7 MINUTE REST / WATER BREAKS PER HOUR MONITOR AT-RISK ATHLETES CLOSELY COLD WATER IMMERSION AVAILABLE <b>CONTESTS: PER NFHS RULES, IMPLEMENT ADDITIONAL/EXTENDED TIMEOUTS FOR REST / WATER BREAKS</b> <b>CONTESTS: CONSIDER DELAYING / POSTPONING START TIMES</b>
<b>OVER 86.1</b>	4- NO OUTDOOR ACTIVITIES CANCEL OR DELAY OUTDOOR PRACTICES / CONTESTS UNTIL LOWER WBGT IS RECORDED

#### **Additional Information:**

PARTICIPANTS SHOULD ALWAYS HAVE UNRESTRICTED ACCESS TO WATER / FLUIDS  
 WBGT SHOULD BE MEASURED EVERY 30 MINUTES  
 INDIVIDUAL REACTIONS TO HEAT WILL VARY PER ATHLETE  
 SCHOOLS SHOULD HAVE AN EXERTIONAL HEAT ILLNESS EMERGENCY ACTION PLAN  
 AT RISK ATHELETES SHOULD ALWAYS BE MONITORED CLOSELY