



**North Dakota High School Activities Association
Recommended Heat and Humidity Management Procedure**



Recommended Policy for Managing Heat & Humidity

1. Recommend all coaches complete the free NFHS Course titled “A Guide to Heat Acclimatization and Heat Illness Prevention”.
2. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.
3. Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index.
4. **If the Heat Index is below 95 degrees:**
 - All Sports
 - i. 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.
 - ii. Optional water breaks every 30 minutes for 10 minutes in duration.
 - iii. Ice down towels for cooling.
 - iv. Watch/monitor athletes carefully for necessary action.
5. **If the Heat Index is 95 degrees to 99 degrees:**
 - All Sports
 - i. 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.
 - ii. Optional water breaks every 30 minutes for 10 minutes in duration.
 - iii. Ice down towels for cooling.
 - iv. Watch/monitor athletes carefully for necessary action.
 - Contact sports and activities with additional equipment:
 - i. Helmets and other possible equipment removed while not involved in contact.
 - Reduce time of outside activity. Consider postponing practice to later in the day.
 - i. Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.
6. **If the Heat Index is above 99 degrees to 104 degrees:**
 - All Sports
 - i. 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.
 - ii. Mandatory water breaks every 30 minutes for 10 minutes in duration.
 - iii. Ice down towels for cooling.
 - iv. Watch/monitor athletes carefully for necessary action.
 - v. Alter uniform by removing items if possible.
 - vi. Allow for changes to dry t-shirts and shorts.
 - vii. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
 - viii. Postpone practice to later in the day.
7. **Contact sports and activities with additional equipment**
 - Helmets and other possible equipment removed if not involved in contact or necessary for safety.
 - If necessary for safety, suspend activity.
8. **Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.**
9. **If the Heat Index is above 104 degrees:**
 - All sports
 - i. Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.

NOAA's National Weather Service

Heat Index

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger