



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Hourly RealFeel Temperature (Heat index) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- **STEPS TO OBTAIN HOURLY REALFEEL TEMPERATURE:**
 1. Log onto **AccuWeather.com** by using the association website, www.nysphsaa.org, we recommend saving this site to your computer or phone.
 2. Once you have entered the zip code for your practice or contest site you will see the home page for the local forecast. **DO NOT USE THE REALFEEL TEMPERATURE ON THIS PAGE.**
 3. Click onto **HOURLY FORECAST**, and you will be linked to a chart. Please use the current hour RealFeel temperature for your zip code to take the appropriate action for your practice or contest.
- If the Hourly RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Hourly RealFeel temperature(heat index) at halftime or midway point of the contest. If the Hourly RealFeel temperature (heat index) is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Hourly RealFeel Temperature (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Hourly RealFeel Temperature (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Hourly RealFeel Temperature (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Hourly RealFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Hourly RealFeel Temperature (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Hourly RealFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Hourly RealFeel Temperature (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.