

## Heat Index Chart and Recommendations for TSSA

		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	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

### Heat Index Under 95°

Provide ample water. Water is always available and athletes have unrestricted access. *Optional* water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Athletes should be monitored carefully. Re-check heat index every 30 minutes.

### Heat Index from 95° to 104°

Provide ample water. Water is always available and athletes have unrestricted access. *Mandatory* water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Re-check heat index every 30 minutes.

### Heat Index from 105° and Above

**Stop all outside activity including practice or play.** Stop all indoor activity if air conditioning is not available and the heat index indoors is 105° or greater. Re-check heat index every 30 minutes.

*\*Coaches and Officials should use best judgment when making the call. Officials have final say at the field.\**