

## Under 95 degrees Heat Index:

- Plenty of water provided at all times. Participants should have unlimited access to water.
- Optional 10 minute rest and fluid break every 30 minutes.

Monitor participants closely for any heat distress.

## 95 – 99 degrees Heat Index:

- Plenty of water provided at all times. Participants should have unlimited access to water.
- Mandatory water breaks every 30 minutes for 10 minutes in duration.
- Monitor participants closely for any heat distress.
- Helmets and other equipment removed while not involved in contact.
- Re-Check Heat Index every 30 minutes to monitor for increase.

## 100 – 104 degrees Heat Index:

- Plenty of water provided at all times. Participants should have unlimited access to water.
- Mandatory water breaks every 30 minutes for 10 minutes in duration.
- Monitor participants closely for any heat distress.
- Shorts and Shirts and helmets only.
- Re-Check Heat Index every 30 minutes to monitor for increase.

## 105 – plus degrees Heat Index:

- Football & Cheer activities cancelled.