

HEAT POLICY REGULATIONS:

HEAT INDEX:

RECOMMENDATIONS:

95-100

No Uniform/Equipment Restrictions
WATER BREAKS every 10 minutes
10 minute REST BREAK every hour
Practice limited to 120 total minutes

101-105

Shorts, Shoulder Pads and helmets ONLY
WATER BREAKS every ten minutes
10 minute REST BREAKS every hour
Practice limited to 120 total minutes

106-110

Shorts, T-Shirts and Helmets only
WATER BREAKS every ten minutes
10 minute REST BREAKS every hour
Practice limited to 90 total minutes

111+

PRACTICE SUSPENDED until later in the day or held indoors
When practice is "RED-FLAGGED", no outdoor practice may
begin until the AD or ATHLETIC TRAINER communicates
to Head Coach that conditions are acceptable and the HEAT
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