



# Alexandria Public Schools

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## Community Education

### Heat Index Guidelines

The heat index, also known as the apparent temperature, is what the temperature feels like to the human body when relative humidity is combined with the air temperature. The heat index (HI) is an index that combines air temperature in celsius and relative humidity

#### Heat Index under 95°

##### All sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Provide cold tubs for water or ice baths
- If on artificial turf (not sure how many this would impact) have water source to cool down turf
- Stay away from energy drinks--water is the best for hydration and recovery
- Take breaks in shaded areas when possible or in air conditioned buildings or vehicles

#### Heat Index 95° to 99°

##### All sports:

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action

##### Contact sports:

- Helmets and other possible equipment removed if not involved in contact
- Provide cold tubs for water or ice baths
- If on artificial turf (not sure how many this would impact) have water source to cool down turf
- Stay away from energy drinks--water is the best for hydration and recovery
- Take breaks in shaded areas when possible or in air conditioned buildings or vehicles

*Reduce time of outside activity. Consider postponing practice to later in the day*

***Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index  
Subject to alter/shorten and/or cancellation at any time during this range.***

**Heat index 100° to 104°**

**All sports:**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration.
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Alter uniform by removing items if possible
- Reduce time of outside activity as well as indoor activity if air conditioning unavailable
- Postpone practice to later in day if possible

**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.
- Provide cold tubs or child pool for water or ice baths
- If on artificial turf (not sure how many this would impact) have water source to cool down turf
- Stay away from energy drinks--water is the best for hydration and recovery
- Take breaks in shaded areas when possible or in air conditioned buildings or vehicles

Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

***Subject to alter/shorten and/or cancellation at any time during this range.***

**Heat index above 104°**

**All sports:**

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

*Facility rentals follow their individual guidelines and practices to determine canceling/rescheduling.*

*Additional information can be found in this [MSHSL Link, which uses Wet Bulb Globe Temperature.](#)*