



George Rogers Clark Emergency Action Plan

Established 1-08

Revised 7/16/11

Introduction

An emergency situation may occur at anytime at any place. In order to provide the best possible care quick and efficient action must take place. The development and implementation of an Emergency Action Plan will help ensure that the best care will be provided. An emergency action plan cannot exist without the formation of an emergency team, the emergency team consists of: team physicians, emergency medical technicians, Certified Athletic Trainers (ATC), student athletic trainers, coaches, athletic director, assistant athletic director, and managers. While the roles within in the team may vary they are all essential to the successful completion of an emergency action plan, and to keeping our athletes safe. It is expected at each practice or game there will be a telephone or cell phone present as well as keys to all necessary gates.

Roles within the Emergency Team:

1. Establish scene safety and immediate care
2. Activation of EMS
3. Emergency equipment retrieval
4. Direction of EMS to scene

Activating EMS

1. Call 911 and ask for an ambulance
2. Provide pertinent information:
 - a. Name, address, telephone number of caller
 - b. Nature of emergency
 - c. Number of athletes in need of emergency care
 - d. Condition of athletes (Consciousness /unconsciousness, if in shock, deteriorating, etc)
 - e. First aid treatment by first responder
 - f. Specific directions to scene and athlete
 - g. Any other information requested by dispatcher

Emergency Transportation

In the event of a medical emergency the Primary survey assists there emergency care provider in indentifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation the athlete should be transported by ambulance where necessary equipment and staff are available. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that activity is supervised should the emergency care provider leave the site in transporting the athlete.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on how well trained and prepared athletic healthcare providers are. Through the development and implementation of the emergency action plan, the athletic department helps to ensure that the athlete will have the best care provided when an emergency situation does arise.

Coaches Role in Athletic Injury Care and Management

An Emergency Action Plan is essential to the safety of our athletes and to the effective management of ALL athletic related injuries. As we continue to develop our plans it is extremely important that all Head and Assistant coaches understand their roles in the management of athletic injuries.

Protocol 1

Games with Certified Athletic Training (ATC) Coverage:

1. Notify ATC of athletic injury
2. Help clear unnecessary persons away from injury
3. Assist ATC in activation of EMS if necessary
4. Assist with advanced emergency care upon request
5. If athlete is to be shipped to hospital an assistant coach should gather insurance information, consent to treat, medical history, and emergency contact information
6. If parents are not there an assistant coach will travel with athlete to the hospital

Protocol 2

Practices with ATC Coverage:

1. Notify ATC of athletic injury
2. Help clear unnecessary persons away from injury
3. Assist ATC in activation of EMS if necessary
4. Assist with advanced emergency care upon request
5. If athlete is to be shipped to hospital an assistant coach should gather insurance information, consent to treat, medical history, and emergency contact information.

Protocol 3

Practices and Games **without** ATC Coverage:

1. Provide appropriate First Aid
2. Activate EMS if necessary
3. If athlete is to be shipped to hospital an assistant coach should gather insurance information, consent to treat, medical history, and emergency contact information
4. If parent or guardian is not present an assistant coach will travel with athlete to the hospital
5. Contact ATC as soon as possible
6. Contact parent/guardian as soon as possible
7. Fill out appropriate paper work in a timely manner

General Guidelines and Policies

- The Head Coach is responsible for assuring the presence of the **Emergency form/insurance information** for ALL team members. These forms must be readily accessible at **ALL GAMES AND PRACTICES**.
- All coaches **MUST** maintain current First Aid and CPR certification and head coaches complete Medical Symposium every 2 years. Documentation of this should be kept in the Athletic Office.
- All coaches should be familiar with and understand GCR Emergency Action Plan for practices and the game venues they will be using
- Assistant coaches are required to accompany and GCR athlete to the emergency room (unless parent or guardian is present) until the athlete is released, parent or guardian show up, or another coach relieves them.

These procedures should be clearly understood and practiced so everyone involved will be prepared for a potentially life threatening or fatal situation. The coaches, Athletic Trainer, or designated person in the emergency plan must be level headed and responsible individual. A telephone should always be accessible.

EMERGENCY SITUATION

If the emergency occurs outside and requires EMS, each head coach and/or Head Athletic Trainer has a key that will unlock the gates to the fields. That person should have someone go immediately to unlock gate and wait for EMS to arrive and direct them to the incident.

1. Call 911 or other emergency number consistent with organizational policies per athletic emergency plan.
2. Instruct EMS personnel to where they are reporting, who they will be meeting and where this meeting will occur as a result of an injured student-athlete in need of emergency medical treatment.
 - **GRC Practice Football Field-** Enter the school's campus via the vocational building access road. Pass through the gate at the end of this access road. Proceed straight, and to the left around the softball field. Drive up on the practice field at the right hand corner of the plateau as you come from around the softball field.
 - **GRC Football Field and Field house-** Enter the main school parking lot off of Boone Avenue; Take road to the right of the school around the school; Turn right on alley toward the field house; Enter the field via gate at the bottom of the alley just before the field house.
 - **Letcher Norton Gym-** Enter the main school parking lot off of Boone Avenue; Take the road veering to the left that leads to the front of the school. Enter the school through the front doors. Walk straight back to the Letcher Norton Gym.
 - **Cardinal Heights Softball Field-** Enter the school's campus via the vocational building access road. Pass through the gate at the end of this access road. Proceed straight, and veer to the left. The access to the softball field will be at the left side of the outfield fence as you look at the softball field.
 - **Cardinal Baseball Field-** Enter the Baseball Complex off of Buckner Street; Turn Right into the complex; proceed to behind the third base dugout.
 - **Cardinal Soccer Field-** Turn off of the Bypass onto Frontier Street; Proceed straight pass Clark Middle School; Turn left into the lower Strode Station parking lot; Enter the field from the gate at the West side of the field.
3. Provide appropriate emergency care until arrival of EMS personnel: on arrival of EMS, provide pertinent information (method of injury, vital signs, treatment

rendered, medical history, parent permission form, HIPAA form) and assist with emergency care as needed.

4. NOTE:

- a) Unless the parent is present someone from the staff should accompany the student-athlete to the hospital.
- b) If Athletic Trainer is not present, notify immediately
- c) Parents should be contacted as soon as possible
- d) Obtain medical history and insurance information
- e) Appropriate injury reports should be completed

SERIOUS INJURY

A serious injury is one, which obviously requires hospitalization, and there is little or no time to consult with a physician before taking action.

EXAMPLE (but not limited to):

1. Stoppage of breathing/heart.
2. Severe bleeding
3. Obvious serious back or neck injury.
4. Possible serious back or neck injury.
5. Possible head injury.
6. Heat stroke

PROCEDURE

- A. The head coach or athletic trainer should attend to the athlete and evaluate the injury and situation providing the necessary first aid such as CPR.
 1. If the injury is a suspected football cervical spine injury, in-line head and shoulder stabilization will be maintained while the facemask and/or helmet and shoulder pads are removed as indicated using standard protocols. If the injury is a suspected non-football cervical spine injury, the certified athletic trainer or EMT (if available) will maintain in-line head and shoulder stabilization as per standard protocols.
- B. The head coach or athletic trainer should instruct an assistant coach/or other competent person to take the following action:
 1. Call 911 (by cell phone) to activate the Emergency Medical System and give the following information:
 - a. Your name and title
 - b. Nature of the injury
 - c. Specific location of injured athlete
 - d. And the best way for the emergency vehicle to reach the injured athlete quickly.
 - e. DO NOT hang up until the dispatcher terminates the call.
 2. Be sure to clear the uninjured from the area.

3. An assistant coach or school official should call the athlete's parent or guardian and inform them of the athlete's injury using the information found on the athlete's physical.

Contact the physician or other emergency personnel per parent/guardian's request.

- a. Telephones are located in the:
 - i. Any available cell phone at the area of the incident
 - ii. Football Fieldhouse
 - iii. Basketball Coach's offices
 - iv. Any individual classrooms
- C. The assistant coach should pick up the athlete's medical history and emergency permission form so the parental permission for emergency treatment can accompany the athlete to the hospital. Also send the HIPAA release with them. Return to the field/court and assist in anyway possible.
- D. A designated coach/student should meet the ambulance and direct them to the proper place.
- E. Coach or school representative should accompany the athlete to the hospital (Unless parent/guardian is present to do so.)
- F. The head coach should make arrangements for the athlete's clothes and personal belongings to be taken to the hospital
- G. If certified Athletic Trainer is not present contact as soon as possible.
 1. If Athletic Trainer is not present, coach should make sure that referral/injury forms are filled out for insurance purposes.
- H. Remember not to comment to anyone about the nature of the injury/illness.

OTHER INJURIES REQUIRING MEDICAL ATTENTION

Examples (but not limited to):

1. Lacerations that require suturing.
2. Possible fractures/dislocations.
3. Orthopedic injuries that should have an early medical diagnosis.

PROCEDURE: The coach/athletic trainer in charge will:

- A. Determine the degree of seriousness.
- B. Perform necessary first aid
- C. Do not comment on an athletes condition or inform the athlete of anything unless you are positive.
- D. Assess pain level.
- E. Fill out referral/injury forms for purposes of insurance.
- F. If not present, contact Athletic Trainer for follow-up.
- G. Inform parents/guardian that their son/daughter may require further medical attention. Ask if they plan to pick up their son/daughter or if they want injured athlete transported to Emergency Room via ambulance.
- H. Ask if they have a preference of a physician. If they have no preference you may suggest our team physicians.
- I. Give them any needed phone numbers as found on the attached sheet.

- J. Call necessary medical personnel (family physician, emergency room, etc)
 1. Inform the medical personnel that the athlete is being transported to their facility.
 2. Inform the medical personnel how the athlete is being transported
 3. Inform the medical personnel of the type of injury the athlete has sustained
 4. Take emergency permission form with you if parent/guardian is not present to do transport athlete.

MINOR INJURIES (Injuries that can be treated in the school's training room)

Examples:

1. Minor cuts and bruises.
2. Minor to moderate sprains.
3. Minor to moderate strains

PROCEDURE

The coach/athletic trainer in charge will:

- A. Determine the degree of seriousness.
- B. Perform necessary first aid
- C. If not present contact athletic trainer, so that follow-up treatment and rehab if needed can begin as soon as possible.
- D. Coach should inform the athletic trainer of injury if not present.

SEVERE WEATHER POLICY

An activity will be delayed at the first sight of lightning or sound of thunder. The site must be cleared immediately of all persons. Clark County activities will follow the following recommendations of the National Severe Storms Service:

1. If thunder and/or lightning can be heard or seen, stop activity and seek protective shelter immediately. An indoor facility is recommended as the safest protective shelter. Avoid standing under large trees, telephone or light poles, and sitting on anything metal. If the only alternative is a tree, choose a small tree in a wooded area that is not on a hill. As a last alternative, find a ravine or valley. In all instances outdoors, assume the below mentioned crouched position.

2. In situations in which thunder or lightning may be present and you feel your hair stand on end and skin tingle, immediately assume a crouched position: Drop to your knees, place your hands and arms on your legs, and lower your head. Do not lie flat. If you feel this sensation, the person is in imminent danger of being struck by lightning and should use the crouched position as stated.

3. The team should wait 30 minutes after the last sound of thunder is heard or lightning is seen before resuming play. This is sufficient time to allow the storm to pass and move out of lightning strike range. The perilous misconception that it is possible to see lightning coming and have time to act before it strikes could prove to be fatal. In reality, the lightning that can be seen flashing is actually the return stroke flashing upward from the ground to the cloud, not downward. When the lightning strike is seen, it already has hit.

Please advise all spectators to leave the stands and go to their cars and wait for the re-start of the activity. If necessary, offer the gymnasium as a place for the fans to go to get out of the storm.

List of Protective Shelters

Football Game Field- Football Field house

Football Practice Field- Football Field house

Letcher Norton Gym- Locker Rooms

Cardinal Heights Softball Field- Concession Stands or Football Field House

Cardinal Baseball Field- Locker Room, Concession Stand, or Batting Facility

Cardinal Soccer Field- Locker Rooms and Concession Stand



Kentucky High School Athletic Association

2280 Executive Drive ° Lexington, KY 40505 ° www.khsaa.org ° (859)299-5472 (859)293-5999 (fax)

KENTUCKY MEDICAL ASSOCIATION / KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION PROCEDURE FOR AVOIDING HEAT INJURY / ILLNESS THROUGH ANALYSIS OF HEAT INDEX AND RESTRUCTURING OF ACTIVITIES

Complete listing of support documents available at <http://www.khsaa.org/sportsmedicine/>

Original Procedure Made by the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports to and for the Kentucky High School Athletic Association and adopted by the KHSAA Board of Control as recommendation for all schools, May, 2002

On site Procedures Revised by KHSAA Board of Control, February 13, 2003

On site procedures further Revised and Made Mandatory for all schools by the KHSAA Board of Control, May, 2005

On site procedures further revised with respect to testing instruments, March, 2007

INTRODUCTION

Following months of study, after one year of implementation and in an effort to help protect the health and safety of student-athletes participating in high school sports, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports issued a recommended procedure to the Kentucky High School Athletic Association for immediate implementation in 2002. This procedure called for the determination of the Heat Index (using on site devices to measure Temperature and Relative Humidity), and a guideline for activity to be conducted at that time based on the Heat Index reading. Though other procedures and measurements were considered, the application of the Heat Index appeared to be most readily implementable on a state wide basis, and appeared to be reliably tested in other areas.

Through the first five years of use of the procedure, minor adjustments were made in the reporting requirements, and the on site devices to be used. In May, 2005, the Board of Control through its policies directed that all member school comply with the testing and reporting requirements. In October, 2006, the member schools of the Association overwhelming approved at their Annual Meeting, a proposal to make such reporting not simply a Board of Control policy, but a school supported and approved Bylaw as it approved Proposal 9 to amend KHSAA Bylaw 17 (full details are available at

<http://www.khsaa.org/annualmeeting/20062007/annualmeetingproposals20062007.pdf>)

In March, 2007, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports recommended the elimination of all devices with the exception of the Digital Sling Psychrometer as a means of measuring at the competition/practice site.

GENERAL PROCEDURE

The procedure calls for the determination of the Temperature and Relative Humidity at the practice / contest site using a Digital Sling psychrometer. It is important to note that media-related temperature readings (such as the Weather Channel, local radio, etc.), or even other readings in the general proximity are not permitted as they may not yield defensible results when considering the recommended scale. The readings must be made at the site.

Neither the KHSAA nor KMA has endorsed any particular brand of psychrometer and receives no endorsement fee or other consideration for any device sold. There are several models on the market that will properly perform the functions, including companies such as Medco and others. The KHSAA or your local Certified Athletic Trainer has easy access to catalogs with this type of equipment. In addition, the KHSAA web site has a variety of links to various dealers.

INDOOR AND OUTDOOR VENUES

While much of the original discussion concerning this package centered on outdoor sports, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports has advised the KHSAA that indoor sports, particularly in times of year or facilities where air conditioning may not be available, should be included in the testing. Such has been approved by the Board of Control as policy requirement. The recommendations contained in this package clearly cover both indoor and outdoor activity, as well as contact and non-contact sports.

PROCEDURE FOR TESTING

Thirty (30) minutes prior to the start of activity, temperature and humidity readings should be taken at the practice / competition site.

The information should be recorded on KHSAA Form GE20 and these records shall be available for inspection upon request. All schools will be required to submit this form. For 2007, there will be online reporting for submitting this form.

The temperature and humidity should be factored into the Heat Index Calculation and Chart and a determination made as to the Heat Index. If schools are utilizing a digital sling psychrometer that calculates the Heat Index, that number may be used to apply to the regulation table.

If a reading is determined whereby activity is to be decreased (above 95 degrees Heat Index), then re-readings would be required every thirty (30) minutes to determine if further activity should be eliminated or preventative steps taken, or if an increased level of activity can resume.

Using the following scale, activity must be altered and / or eliminated based on this Heat Index as determined –

Under 95 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➤ Optional water breaks every 30 minutes for 10 minutes in duration ➤ Ice-down towels for cooling ➤ Watch/monitor athletes carefully for necessary action.
95 degrees to 99 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks every 30 minutes for 10 minutes in duration ➤ Ice-down towels for cooling ➤ Watch/monitor athletes carefully for necessary action. ❖ Contact sports and activities with additional equipment <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed while not involved in contact. ❖ 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.
100 degrees to 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks every 30 minutes for 10 minutes in duration ➤ Ice-down towels for cooling ➤ Watch/monitor athletes carefully for necessary action. ➤ After uniform by removing items if possible ➤ Allow for changes to dry t-shirts and shorts. ➤ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. ➤ Postpone practice to later in day. ❖ Contact sports and activities with additional equipment <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
Above 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ All Sports <ul style="list-style-type: none"> ➤ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

This procedure is to be used until such time as the temperature is below 80 degrees as no combination of heat and humidity at that level will result in a need to curtail activity. The KHSAA will use September 15 as the standard date for the return of the Heat Index forms but reminds its member schools that the monitoring shall continue until such a time that no combination of heat and humidity at that level will result in a need to curtail activity.

SUMMARY

Though much more scientific information and other alternative methods for determining Heat Index and participation restrictions are being studied, these initial steps should help ensure the health and safety of the participants in high school sports. Adherence to these guidelines represents a conscious effort by the interscholastic community to emphasize health and safety on a much higher level than any loss of competitive preparation. Any further revisions or enhancements will be distributed to the members of the KHSAA.

Heat Index Calculation and Chart Temperature (In Fahrenheit)

Relative Humidity at Site

	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	
100	84	87	91	95	98	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188	
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186	
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184	
97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182	
96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180	
95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179	
94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177	
93	83	86	89	92	96	99	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175	
92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173	
91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171	
90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170	
89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168	
88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166	
87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164	
86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163	
85	83	85	87	90	93	96	99	102	106	110	113	117	122	126	130	135	140	145	150	155	161	
84	82	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159	
83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158	
82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	136	141	146	151	156	
81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155	
80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153	
79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151	
78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150	
77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148	
76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147	
75	82	84	85	88	90	92	95	97	100	103	106	109	112	116	119	123	127	131	135	140	144	
74	82	83	85	87	89	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144	
73	82	83	85	87	89	91	94	96	99	102	105	108	111	115	118	122	126	130	134	138	143	
72	82	83	85	87	89	91	93	96	99	101	104	107	111	114	117	121	125	129	133	137	141	
71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140	
70	81	83	85	86	88	90	93	95	98	100	103	106	109	112	116	119	123	126	130	134	138	
69	81	83	84	86	88	90	92	95	97	100	102	105	108	111	115	118	122	125	129	133	137	
68	81	83	84	86	88	90	92	94	97	99	102	105	108	111	114	117	121	124	128	132	136	
67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135	
66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133	
65	81	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118	121	125	128	132	
64	81	82	84	85	87	89	91	93	95	97	99	102	105	108	110	114	117	120	123	127	131	
63	81	82	84	85	87	88	90	92	94	97	99	101	104	107	110	113	116	119	122	126	130	
62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128	
61	81	82	83	85	86	88	90	91	93	96	98	100	103	105	108	111	114	117	120	124	127	
60	81	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119	123	126	
59	81	82	83	84	86	87	89	91	93	95	97	99	102	104	107	109	112	115	118	122	125	
58	81	82	83	84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124	
57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123	
56	80	81	83	84	85	86	88	90	92	93	95	98	100	102	105	107	110	113	115	118	122	
55	80	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117	120	
54	80	81	82	83	85	86	87	89	91	93	94	96	99	101	103	106	108	111	114	116	119	
53	80	81	82	83	84	86	87	89	90	92	94	96	98	100	103	105	107	110	113	116	118	
52	80	81	82	83	84	86	87	88	90	92	94	96	98	100	102	104	107	109	112	115	117	
51	80	81	82	83	84	85	87	88	90	91	93	95	97	99	101	104	106	108	111	114	116	
50	80	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115	
49	80	81	82	83	84	85	86	88	89	91	92	94	96	98	100	102	105	107	109	112	115	
48	80	81	81	82	84	85	86	87	89	90	92	94	96	97	100	102	104	106	109	111	114	
47	80	81	81	82	83	85	86	87	88	90	92	93	95	97	99	101	103	105	108	110	113	
46	80	80	81	82	83	84	86	87	88	90	91	93	95	96	98	100	102	104	106	109	111	
45	80	80	81	82	83	84	85	87	88	89	91	92	94	96	98	100	102	104	106	108	110	
44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	97	99	101	103	105	107	109	
43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109	
42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	98	98	100	102	104	106	109	
41	79	80	81	82	82	83	85	86	87	88	90	91	93	94	96	98	98	100	101	104	106	108
40	79	80	81	82	83	84	85	86	87	88	89	91	92	94	95	97	99	101	103	105	107	

Under 95 degrees Heat Index	<ul style="list-style-type: none"> All sports Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. Optional water breaks every 30 minutes for 10 minutes in duration Ice-down towels for cooling Watch/monitor athletes carefully for necessary action. 	100 degrees to 104 degrees Heat Index	<ul style="list-style-type: none"> All sports Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. Mandatory water breaks every 30 minutes for 10 minutes in duration Ice-down towels for cooling Watch/monitor athletes carefully for necessary action. Alter uniform by removing items if possible Allow for changes to dry t-shirts and shorts. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. Postpone practice to later in day. 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. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
95 degrees to 99 degrees Heat Index	<ul style="list-style-type: none"> All sports Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. Mandatory water breaks every 30 minutes for 10 minutes in duration Ice-down towels for cooling Watch/monitor athletes carefully for necessary action. Contact sports and activities with additional equipment Helmets and other possible equipment removed if not involved in contact. 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. 	Above 104 degrees Heat Index	<ul style="list-style-type: none"> All Sports Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.