



## **WINTER SKY INDEPENDENT INC HEAT INDEX PROTOCOL**

ADOPTED FROM THE NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION  
(Effective 5/1/2025)

### Administration of Heat Index Protocol:

- Feels Like Temperature (Heat Index) or THI using a Wet Bulb Globe Temperature Indicator (see chart below) on the event space will be checked 1 hour before the event by a group designee when the air temperature is 80 degrees Fahrenheit or higher.
- Download the WeatherBug app or login to weatherbug.com. Group may also use a Wet Bulb Globe Temperature Indicator (see chart below) on the space that will be used.
- Enter zip code or city and state in the location section of the app or online or determine the THI by using a Wet Bulb Globe Temperature Indicator.
- If the Feels Like temperature (heat index) or the WBGTI is in the recommended range (yellow for WeatherBug or green, yellow, orange, red for WBGT), the group designee will re-check the heat index or WBGTI at the midway point of the event. If the heat index or WBGTI is in the required range (red for WeatherBug or black for WBGT), the event will be suspended.

*See attached charts for appropriate actions.*

WINTER SKY INDEPENDENT COLORGUARD



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## HEAT INDEX PROTOCOL – WEATHERBUG CHART

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Please refer to the following chart when using **WeatherBug** app, to take the appropriate actions:

|   |   |   |
|---|---|---|
|   | Feels Like Temp(Heat Index)<br>under 79 degrees                                 | Full activity. No restrictions  |
| R<br>E<br>C<br>O<br>M<br>M<br>E<br>N<br>D<br>E<br>D | Heat Index Caution:<br>Feels Like Temp (Heat Index)<br>80 degrees to 85 degrees | Provide ample water and multiple water breaks.<br>Monitor athletes for heat illness.<br>Consider reducing the amount of time for the practice session.  |
|   | Heat Index Watch:<br>Feels Like Temp (Heat Index)<br>86 degrees to 90 degrees   | Provide ample water and multiple water breaks.<br>Monitor athletes for heat illness.<br>Consider postponing practice to a time when Feels Like temp is lower.<br>Consider reducing the amount of time for the practice session.<br>1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).   |
|   | Heat Index Warning:<br>Feels Like Temp (Heat Index)<br>91 degrees to 95 degrees | Provide ample water and water breaks every 15 minutes.<br>Monitor athletes for heat illness.<br>Consider postponing practice to a time when Feels Like temp is much lower.<br>Consider reducing the amount of time for the practice session.<br>1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).<br>Light weight and loose fitting clothes should be worn.<br>For Practices only Football Helmets should be worn. No other protective equipment should be worn. |
| REQUIRED  | Heat Index Alert:<br>Feels Like Temp (Heat Index)<br>96 degrees or greater      | No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.   |

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## HEAT INDEX PROTOCOL – WET BULB GLOBE TEMPERATURE CHART

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Please refer to the following chart when using **Wet Bulb Globe Temperature Indicator**, to take the appropriate actions:

| Cat 3                        | Cat 2                        | Cat 1                        | Activity Guidelines   |
|------------------------------|------------------------------|------------------------------|---|
| < 82.0°F<br>< 27.8°C         | < 79.7°F<br>< 26.5°C         | < 76.1°F<br>< 24.5°C         | Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.   |
| 82.2 - 86.9°F<br>27.9-30.5°C | 79.9 - 84.6°F<br>26.6-29.2°C | 76.3 - 81.0°F<br>24.6-27.2°C | Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.  |
| 87.1 - 90.0°F<br>30.6-32.2°C | 84.7 - 87.6°F<br>29.3-30.9°C | 81.1 - 84.0°F<br>27.3-28.9°C | Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. |
| 90.1 - 91.9°F<br>32.2-33.3°C | 87.8 - 89.6°F<br>31.0-32.0°C | 84.2 - 86.0°F<br>29.0-30.0°C | Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.  |
| ≥ 92.1°F<br>≥ 33.4°C         | ≥ 89.8°F<br>≥ 32.1°C         | ≥ 86.2°F<br>≥ 30.1°C         | No outdoor workouts. Delay practice until a cooler WBGT is reached.   |

