



SEVEN RIVERS ATHLETIC ASSOCIATION

ATHLETICS HEAT INDEX (Real Feel)

The Seven Rivers Athletic Association uses the following heat index recommendations for all outdoor practices/games. This policy is separate from any other weather (rain, lighting, etc.) that may also occur. Heat index for each game or practice is determined 1 hour before the scheduled start time.

HEAT INDEX	RECOMMENDATIONS
80 – 88 DEGREES	Few Concerns; Activities will remain on
89 – 94 DEGREES	<ul style="list-style-type: none">• Provide ample amounts of water (water should always be available)• Optional water breaks every 30 minutes up to 5 minutes in duration• Watch/Monitor athletes carefully
95 – 99 DEGREES	<ul style="list-style-type: none">• Provide ample amounts of water (water is always available)• Athletes are allowed to take in as much water as desired• Mandatory water breaks every 30 minutes for 5-10 minutes in duration• All equipment must be removed during these water breaks (helmets, gloves & catcher's equipment)• Catchers must only be allowed to catch 2 consecutive innings• Watch/Monitor athletes closely
100 – 104 DEGREES	<ul style="list-style-type: none">• Provide ample amounts of water (water is always available)• Athletes are allowed to take in as much water as desired• Mandatory water breaks every 30 minutes for 10 minutes in duration (shade recommended during)• All equipment must be removed during these water breaks (helmets, gloves & catcher's equipment)• Catchers must only be allowed to catch 1 consecutive inning• Game or practice time should be shortened by 15-30 minutes• Monitor athletes & actions closely
105+ DEGREES	All activities will be cancelled/suspended