



CSAA Heat Index Guidelines

Coaches and Field Managers: These are the Heat Index guidelines that must be followed for all CSAA events unless your team is playing/practicing in an air-conditioned facility. Use the chart below to determine the Heat Index requirements strictly follow all procedures. Readings must be taken no earlier than 1 hour prior to practice time. You must record the information at each practice/game on the Heat Index Form available at the CSAA office and available on line at www.loucsaa.org. Heat Index monitors may be purchased or the OSHA Heat Safety Tool phone app may be used to get an accurate reading at your location.

<p>Under 95 degrees Heat Index</p>	<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. Head gear off during water breaks. • Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action 	<p>100 degrees to 102 degrees Heat Index</p>	<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. Head gear removed during water break. • All equipment removed if not involved in active practice. • Mandatory Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action • Last 30 minutes of practice will be without shoulder pads.
<p>95 degrees to 99 degrees Heat Index</p>	<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. Head gear removed during water break. • All equipment removed if not involved in active practice. • Mandatory Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action 	<p>Above 102 degrees Heat Index</p>	<ul style="list-style-type: none"> • No practice • You may have chalk talks or watch film with the players in an air condition location. • If you do a chalk talk or watch film this will count as a night of practice.