

SYLVANIA RECREATION POLICY FOR MANAGING HEAT & HUMIDITY

The safety and well-being of participants and spectators is paramount in dealing with inclement weather. For all heatrelated cancellations, Sylvania Recreation will utilize the guidelines established and followed by the National Federation of High School Sports. Prior to the start of an activity, and throughout the duration of an activity, Sylvania Recreation will evaluate temperature and humidity readings based on the National Weather Service to determine heat index. Please see the Heat Index Calculation Chart below. Sylvania Recreation staff will follow the below policy when making decisions.

If the Heat Index is below 95 degrees - All Sports

- Provide ample amounts of water. 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.

If the Heat Index is 95 degrees to 99 degrees - All Sports

- Provide ample amounts of water. 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.

Contact sports and activities with additional equipment:

- Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.

If the Heat Index is above 99 degrees to 104 degrees – All Sports

- Provide ample amounts of water. 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 or allow for changes to dry t-shirts and shorts.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Postpone practice to later in the day.

Contact sports and activities with additional equipment

• If helmets or other protective equipment are required to be worn by rule or normal practice, suspend practice or competition immediately and resumption may not occur until the index is 99 degrees or below.

If the Heat Index is above 104 degrees – All Sports Canceled

*Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in the need to cancel activities.

HEAT INDEX CALCULATION AND CHART

Temperature (Fahrenheit)

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	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188	195
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186	193
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184	191
97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182	189
96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180	187
95 94	83	86	90	93	97	100 100	104	108	113	117	122	127	132	137	142	148 147	154 152	160	166 164	172	179	185
94	83 83	86 86	89 89	93 92	96 96	99	104 103	108 107	112 111	116 116	121 120	126 125	131 130	136 135	141 140	147	152	158 157	164	170 169	177 175	183 181
92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173	179
91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171	178
90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170	176
89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168	174
88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166	172
87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164	170
86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163	168
85	83	85	87	90	93	96	99	102	106	110	113	117	122	126	130	135	140	145	150	155	161	167
84	83	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159	165
83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158	163
82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	136	141	146	151	156	162
81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155	160
80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153	158
79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151	157
78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150	155
77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148	153
76	82 82	84 84	86 85	88 88	90 90	93 92	95 95	98 97	101 100	104 103	107 106	110 109	114 113	117 116	121 120	125 124	129 128	133 132	138 136	142 141	147 145	152 150
74	82	83	85	87	90	92	95	97	100	103	106	109	113	116	120	124	126	132	136	141	145	149
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72	82	83	85	87	89	91	93	96	99	102	104	107	111	114	117	121	125	129	133	137	143	146
71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	133	136	140	144
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67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135	139
66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133	137
65	81	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118	121	125	128	132	136
64	81	82	84	85	87	89	91	93	95	97	99	102	105	108	110	114	117	120	123	127	131	135
63	81	82	84	85	87	88	90	92	94	97	99	101	104	107	110	113	116	119	122	126	130	133
62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128	132
61	81	82	83	85	86	88	90	91	93	96	98	100	103	105	108	111	114	117	120	124	127	131
60 59	81	82	83	84	86	88	89 89	91 91	93	95	97 97	100 99	102 102	105 104	107 107	110 109	113 112	116	119 118	123 122	126 125	129 128
58	81 81	82 82	83 83	84 84	86 85	87 87	89	90	93 92	95 94	96	99	102	104	107	109	111	115 114	117	122	125	120
57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	109	111	113	116	119	124	126
56	80	81	83	84	85	86	88	90	92	93	95	98	100	102	105	107	110	113	115	118	122	125
55	80	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117	120	124
54	80	81	82	83	85	86	87	89	91	93	94	96	99	101	103	106	108	111	114	116	119	123
53	80	81	82	83	84	86	87	89	90	92	94	96	98	100	103	105	107	110	113	116	118	121
52	80	81	82	83	84	86	87	88	90	92	94	96	98	100	102	104	107	109	112	115	117	120
51	80	81	82	83	84	85	87	88	90	91	93	95	97	99	101	104	106	108	111	114	116	119
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46 45	80 80	80 80	81 81	82 82	83 83	84 84	86	87 87	88 88	90 89	91 91	93 92	95 94	96 96	98 98	100 100	103 102	105 104	107 106	109 109	112 111	114 114
45	80	80	81	82	83	84	85 85	87	88	89	91	92	94 94	96	98	99	102	104	106	109	110	114
44	79	80	81	82	83	84	85	86	87	89	90	92	94	95	97	99	101	103	105	100	109	112
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41	79	80	81	82	82	83	85	86	87	88	90	91	93	94	96	98	100	101	104	106	108	110
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32	79	79	80	81	81	82	83	84	85	86	87	88	90	91	92	94	95	97	98	100	102	104
31 30	79 79	79 79	80 80	81 80	81 81	82 82	83 83	84 84	85	86 86	87 87	88 88	89 89	91 90	92 92	93 93	95 94	96 96	98 97	99 99	101 101	103 102
29	79	79	80	80	81	82	83	84	85 85	86	87	88	89	90	92	93	94 94	96	97	99	101	102
29	79	79	80	80	81	82	83	84	84	85	86	88	89	90	91	93	94	95	97	90	100	102
27	78	79	80	80	81	82	83	83	84	85	86	87	88	90	91	92	93	95	96	98	99	101
26	78	79	80	80	81	82	82	83	84	85	86	87	88	89	91	92	93	94	96	97	99	100
25	78	79	79	80	81	82	82	83	84	85	86	87	88	89	90	91	93	94	95	97	98	100
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23	78	79	79	80	81	81	82	83	84	85	86	87	88	89	90	91	92	93	95	96	97	99
22	78	79	79	80	81	81	82	83	84	85	86	87	88	89	90	91	92	93	94	96	97	98
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20	78	79	79	80	81	81	82	83	84	85	85	86	87	88	89	90	91	93	94	95	96	97
19	78	79	79	80	81	81	82	83	84	84	85	86	87	88	89	90	91	92	94	95	96	97
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17	78	78	79	80	80	81	82	83	84	84	85	86	87	88	89	90	91	92	93	94	95	96
16	78	78	79	80	80	81	82	83	83	84	85	86	87	88	89	90	91	92	93	94	95	96
15 14	78	78	79	80	80	81	82	83	83	84	85	86	87	88	89	90	91	92	93	94	95	96
14	78	78	79	80	80	81	82	83	83	84	85	86	87	88	89	90	91	91	92	93	95 04	96 95
13	78	78	79	80	80	81	82	83	83	84	85	86	87	88	89	89	90	91	92	93	94	90