



## **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 heat-related 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.
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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.

