

DIAA HEAT RELATED PRACTICE MODIFICATION POLICY

Below is a guideline to be used anytime the temperature is above 72 degrees. There are more accurate methods such as the use of WBGT index that combine impact of humidity, ambient temperature, solar radiation and air movement. If available, such devices may be used to determine the heat index. If such equipment/data is unavailable, the information below may be used to modify practice.

- 1) Go to www.weather.com
- 2) Enter your zip code
- 3) Add the numbers of temperature and relative humidity.
- 4) If the sum of the 2 numbers is greater or equal to **150** (+/-10 depending on level of acclimatization), practice should be restricted. Such restrictions should at least include:
 - a) practice time limited to 2 hrs
 - b) water breaks with helmets off every 15 minutes
 - c) helmets and shoulder pads only
- 5) *If the sum of the 2 numbers is greater or equal to **160** (+/- 5 depending on level of acclimatization) practice should be restricted. Such restrictions should at least include:*
 - a) practice limited to 90 minutes*
 - b) water breaks with helmets off every 15 minutes*
 - c) helmets only*
- 6) If the sum of the 2 numbers is greater or equal to **170** (+/- 5 depending on level of acclimatization) All practice should be stopped.

Note: Any temperature above 72 deg.F , with a relative humidity of 95% or higher, produces a high risk of heat related illness. Any temperature above 95 deg. F, regardless of % relative humidity level, produces a high risk of heat related illness.

