

Heat Index Calculation and Chart Temperature (in Fahrenheit)

Relative Humidity at Site

	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99
100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184
97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182
96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180
95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179
94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177
93	83	86	89	92	96	99	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175
92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173
91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171
90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170
89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168
88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166
87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164
86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163
85	83	85	87	90	93	96	99	102	106	110	113	117	122	126	130	135	140	145	150	155	161
84	82	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159
83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158
82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	136	141	146	151	156
81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155
80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153
79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151
78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150
77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148
76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147
75	82	84	85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145
74	82	83	85	87	89	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144
73	82	83	85	87	89	91	94	96	99	102	105	108	111	115	118	122	126	130	134	138	143
72	82	83	85	87	89	91	93	96	99	101	104	107	111	114	117	121	125	129	133	137	141
71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140
70	81	83	85	86	88	90	93	95	98	100	103	106	109	112	116	119	123	126	130	134	138
69	81	83	84	86	88	90	92	95	97	100	102	105	108	111	115	118	122	125	129	133	137
68	81	83	84	86	88	90	92	94	97	99	102	105	108	111	114	117	121	124	128	132	136
67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135
66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133
65	81	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118	121	125	128	132
64	81	82	84	85	87	89	91	93	95	97	99	102	105	108	110	114	117	120	123	127	131
63	81	82	84	85	87	88	90	92	94	97	99	101	104	107	110	113	116	119	122	126	130
62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128
61	81	82	83	85	86	88	90	91	93	96	98	100	103	105	108	111	114	117	120	124	127
60	81	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119	123	126
59	81	82	83	84	86	87	89	91	93	95	97	99	102	104	107	109	112	115	118	122	125
58	81	82	83	84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124
57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123
56	80	81	83	84	85	86	88	90	92	93	95	98	100	102	105	107	110	113	115	118	122
55	80	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117	120
54	80								91	93	94	96	99	101	103	106	108	111	114	116	119
53	80								90	92	94	96	98	100	103	105	107	110	113	116	118
52	80								90	92	94	96	98	100	102	104	107	109	112	115	117
51	80								90	91	93	95	97	99	101	104	106	108	111	114	116
50	80								90	91	93	95	97	99	101	103	105	108	110	113	115
49	80								90	91	92	94	96	98	100	102	105	107	109	112	115
48	80	81	81	82	83	85	86	87	89	90	92	94	96	97	100	102	104	106	109	111	114
47	80	81	81	82	83	85	86	87	88	90	92	93	95	97	99	101	103	105	108	110	113
46	80	80	81	82	83	84	86	87	88	90	91	93	95	96	98	100	103	105	107	109	112
45	80	80	81	82	83	84	85	87	88	89	91	92	94	96	98	100	102	104	106	109	111
44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	97	99	101	103	106	108	110
43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109
42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	96	98	100	102	104	106	109
41	79	80	81	82	82	83	85	86	87	88	90	91	93	94	96	98	100	101	104	106	108
40	79	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107
39	79	80	81	81	82	83	84	85	86	88	89	90	92	93	95	97	98	100	102	104	106
38	79	80	80	81	82	83	84	85	86	87	89	90	91	93	95	96	98	100	102	104	106
37	79	80	80	81	82	83	84	85	86	87	88	90	91	93	94	96	97	99	101	103	105
36	79	80	80	81	82	83	84	85	86	87	88	89	91	92	94	95	97	99	100	102	104
35	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	95	96	98	100	102	104
34	79	79	80	81	82	82	83	84	85	86	88	89	90	92	93	94	96	98	99	101	103
33	79	79	80	81	82	82	83	84	85	86	87	89	90	91	93	94	96	97	99	101	102
32	79	79	80	81	81	82	83	84	85	86	87	88	90	91	92	94	95	97	98	100	102
31	79	79	80	81	81	82	83	84	85	86	87	88	89	91	92	93	95	96	98	99	101
30	79	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	94	96	97	99	101
29	79	79	80	80	81	82	83	84	85	86	87	88	89	90	91	93	94	95	97	98	100
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Heat Index Calculation and Chart

ACTIVITY CESSATION CHART

UNDER 95 DEGREES HEAT INDEX
a) All sports (1) Water should always be available and athletes be able to take in as much water as they desire; (2) Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group; (3) Have towels with ice for cooling of athletes as needed; (4) Watch/monitor athletes carefully for necessary action; and (5) Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.
95 TO 99 DEGREE HEAT INDEX
a) All sports (1) Water should always be available and athletes should be able to take in as much water as they desire; (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; (3) Have towels with ice for cooling of athletes as needed; and (4) Watch/monitor athletes carefully for necessary action. b) Additional Steps for Contact sports and activities with additional required protective equipment: (1) Helmets and other required equipment (by rule) should be removed when athlete not directly involved with competition, drill or practice, and it is not otherwise required by rule; (2) Reduce time of outside activity. Consider postponing practice to later in the day; and (3) Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
100 DEGREES (ABOVE 99) to 104 DEGREES HEAT INDEX
a) All sports (1) Water should always be available and athletes should be able to take in as much water as they desire; (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; (3) Have towels with ice for cooling of athletes as needed; (4) Watch/monitor athletes carefully for necessary action; (5) Alter uniform by removing items if possible and permissible by rules; (6) Allow for changes to dry T-shirts and shorts by athletes at defined intervals; (7) Reduce time of outside activity as well as indoor activity if air conditioning is unavailable; and (8) Postpone practice to later in day. b) Additional Steps for Contact sports and activities with additional required protective equipment: (1) 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; (2) For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day; and (3) Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.
ABOVE 104 DEGREES HEAT INDEX
a) All sports (1) Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.
CONTINUAL USAGE AND MONITORING
a) This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity. b) The KHSAA will use September 15 as the standard date for the recording of the Heat Index forms in the fall, and April 15 as the start date in the spring. c) Member schools should remember that the monitoring shall continue any time that a combination of heat and humidity at that level could result in a need to curtail activity (an ambient temperature of 83 degrees or higher).