## Game & Practice Restrictions Due to Heat

<table>
<thead>
<tr>
<th>Code</th>
<th>Heat Index (temperature &amp; humidity)</th>
<th>Restrictions &amp; Accommodations</th>
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</thead>
</table>
| **Red** | Above 104°F (recheck every 30 minutes) | · Stop all outside activity in practice and/or play.  
· Stop all inside activity if air conditioning is unavailable. |
| **Orange** | 100°–104°F (recheck every 30 minutes) | All of restrictions listed below, plus:  
· Alter uniform by removing items—if possible and permissible by rules.  
· Allow athletes to change into dry t-shirts and shorts at defined intervals.  
· Reduce time of outside activity.  
· Reduce time of indoor activity, if air conditioning is unavailable. |
| **Yellow** | 95°–99°F (recheck every 30 minutes) | All of restrictions listed below, plus:  
· Provide **mandatory** 10-minute water breaks every 30 minutes to allow hydration as a group.  
· Reduce the time of the outside activity.  
· Consider postponing practice until later in the day.  
· Remove helmets and other equipment when athlete is not directly involved in the competition, drill, or practice and it is not otherwise required by rule. |
| **Green** | Under 95°F (recheck every 30 minutes) | · Have water available for athletes to take in as much as they desire.  
· Provide **optional** 10-minute water breaks every 30 minutes to allow hydration as a group.  
· Provide towels with ice to cool athletes as needed.  
· Watch/monitor athletes for necessary action. |