



HEAT INDEX GUIDELINES

Guidelines for outdoor practice, listed as *HEAT INDEX* levels, based on recommendations of the National Athletic Trainers Association (NATA)

Heat Index Level	Heat Index	Practice Hours	Breaks	Fluids
GREEN	Below 95	reasonable (recommended not to exceed 2½ hours)	remove helmets, five-minute break every 20-30 minutes	cold water
YELLOW	95-99	use caution (recommended not to exceed two hours)	helmets and other possible equipment removed if not involved in contact or necessary for safety, five-minute break every 20 minutes	cold water
RED	100-105	use extreme caution (recommended not to exceed 1½ hours)	helmets and shorts only, five-minute break every 15 minutes	cold water
BLACK	greater than 105	no outdoor practice		