

National Weather Services Predicted Heat Index for the week of August 29, 2016

DATE	MON 8/29						
TIME	2PM	3PM	4PM	5PM	6PM	7PM	8PM
HEAT INDEX	105	105	105	105	102	100	96

DATE	TUES 8/30						
TIME	2PM	3PM	4PM	5PM	6PM	7PM	8PM
HEAT INDEX	104	104	104	103	101	98	95

DATE	WED 8/31						
TIME	2PM	3PM	4PM	5PM	6PM	7PM	8PM
HEAT INDEX	103	102	102	102	100	95	91

DATE	THUR 9/1						
TIME	2PM	3PM	4PM	5PM	6PM	7PM	8PM
HEAT INDEX	94	94	94	92	90	86	83

DATE	FRI 9/2						
TIME	2PM	3PM	4PM	5PM	6PM	7PM	8PM
HEAT INDEX	88	87	87	86	85	82	78

Last Updated: 11:10 am Aug 29, 2016

TSSAA Heat Index Guidelines

Heat Index Under 95°
Provide ample water. Water is always available and athletes have unrestricted access. Optional water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Athletes should be monitored carefully. Re-check heat index every 30 minutes.
95° - 99° Heat Index
Provide ample water. Water is always available and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes.
100° - 104° Heat Index
Provide ample water. Water is always available and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Alter uniforms by removing items/layers if possible. Allow changes to dry shirts and shorts if possible. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes.
Heat Index 105° and Above
Stop all outside activity including practice or play. Stop all indoor activity if air conditioning is not available and the heat index indoors is 105° or greater. Re-check heat index every 30 minutes.

