



Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning. Provide at least three separate rest breaks of a minimum of four minutes each for each hour of practice. Watch at-risk athletes.
91° to 103°F	Moderate	Maximal practice time is 2 hours. For football: equipment limited to helmet, shorts, and shoulder pads. All equipment removed for conditioning. For all other sports: provide at least four separate rest breaks lasting four minutes for each hour.
103° to 125°F	High	Maximal length of practice is 1 hour. For football: helmets only. All other sports: there must be 20 minutes of breaks distributed throughout the hour.
Greater than 126-136°F	Very High to Extreme	No outdoor practice. Delay practice until cooler heat index.