



GEORGIA HIGH SCHOOL ATHLETIC ASSOCIATION
HEAT INDEX MEASUREMENT AND RECORD

SCHOOL: \_\_\_\_\_

SPORT: \_\_\_\_\_

Table with 7 columns: DATE, TIME, TEMPERTATURE, HUMIDITY, WBGT READING, ACTIVITY REVISION, SIGNATURE. Multiple empty rows for data entry.

Table with 2 columns: WBGT READING, ACTIVITY GUIDELINES & REST BREAK GUIDELINES. Rows include categories: UNDER 82.0, 82.0 – 86.9, 87.0 – 89.9, 90.0 – 92.0, OVER 92.0.

GUIDELINES FOR HYDRATION AND REST BREAKS:

- 1. Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration.
2. These breaks must be held in a "cool zone" where players are out of direct sunlight.
3. When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the "cool zone" to aid the cooling process AND cold immersion tubs must be available for the benefit of any player showing early signs of heat illness.
4. In the event of a serious EHI, the principal of "Cool First, Transport Second" should be utilized and implemented by the first medical provider onsite until cooling is completed (core temperature of 103 or less).
5. For football, helmets should be removed during rest time.