

# C.S.A.A. HEAT INDEX RULES

COACHES (**Cross Country & Girls Volleyball**), THERE ARE NEW HEAT INDEX GUIDELINES IN PLACE. You must follow these guidelines if you are not practicing in an air-conditioned facility. Please look at the chart below to refer to after using the heat monitor to determine the heat index. Readings must be taken no earlier than 1 hour prior to practice time. YOU MUST RECORD THE INFORMATION AT EACH PRACTICE ON THE HEAT INDEX FORM PROVIDED TO YOU. Please be aware that you can set the monitor's alarm to certain heat indices so that if the heat index rises during practice, the alarm will sound.

<p><b><u>WHITE DAY</u></b></p> <p>Under 95 degrees Heat Index</p>	<ul style="list-style-type: none"> <li>• CSAA Cross Country</li> <li>• CSAA Volleyball</li> <li>• Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.</li> <li>• Optional water breaks every 30 minutes for 10 minutes in duration.</li> <li>• Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> </ul>	<p><b><u>RED DAY</u></b></p> <p>100 degrees to 103 degrees Heat Index</p>	<ul style="list-style-type: none"> <li>• CSAA Cross Country</li> <li>• CSAA Volleyball</li> <li>• Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes in duration.</li> <li>• Mandatory Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> </ul>
<p><b><u>GRAY DAY</u></b></p> <p>95 degrees to 99 degrees Heat Index</p>	<ul style="list-style-type: none"> <li>• CSAA Cross Country</li> <li>• CSAA Volleyball</li> <li>• Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes in duration.</li> <li>• Mandatory Ice-down towels for cooling</li> <li>• Watch/monitor athletes carefully for necessary action</li> </ul>	<p><b><u>BLUE DAY</u></b></p> <p>Above 103 degrees Heat Index</p>	<ul style="list-style-type: none"> <li>• CSAA Cross Country</li> <li>• CSAA Volleyball</li> <li>• No practice</li> <li>• You may have chalk talks or watch film with the players in an air condition location.</li> <li>• If you do a chalk talk or watch film this will count as a night of practice.</li> </ul>