

# C.S.A.A. HEAT INDEX RULES - 2008

COACHES (**Cross Country & Volleyball**), THESE HEAT INDEX GUIDELINES ARE NOW IN PLACE. You must follow these guidelines if you are not practicing in an air-conditioned facility. This information will be announced on our football director, Thom Wachtel's CSAA Football website **BY 9:00 A.M.** It will be the responsibility of each school to have someone from your staff to check the website for this information. If you would like to have an automatic e-mail sent each day, send an e-mail to the following address to register for the CSAA HEAT INDEX E-MAIL LIST: [heat@insightbb.com](mailto:heat@insightbb.com)

Thom Wachtel's website is: [www.csaafotball.com](http://www.csaafotball.com)

<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>