



DIRECTIONS: Using the heat index monitor, read the current relative humidity and temperature at the time of activity. Find those two variables on the chart above. Where these two intersect will determine the heat index (appropriate zone) and what guidelines to follow for all outdoor activities.

Zone		Activity Guidelines
A	CAUTION	5-10 minute rest and fluid break for every <u>25 to 30</u> minutes of activity.
B	EXTREME CAUTION	5-10 minute rest and fluid break for every <u>20 to 25</u> minutes of activity. Practice in shorts and t-shirts, with helmet and shoulder pads only , not full equipment, if worn for activity.
C	DANGER	5-10 minute rest and fluid break for every <u>15 to 20</u> minutes of activity. Participate in shorts and t-shirts only, with all protective equipment removed , if worn for activity.
D	EXTREME DANGER	<u>Cancel or postpone all outdoor practices/games.</u> Practice may be held indoors.

The above chart is recommended by the National Athletic Trainers Association and the National Safe Kids Campaign.