#### Heat Index Calculation and Chart

79 80 81 82 83 84 85 88 87 88 89 90 91 92 93

Temperature (In Fahrenheit)

				80 8	_			85	88	87	88	89	90	91	92	93	94	95	96	97	98	99
	10	0 8	4 8	7 9			103	107	112	116	121	126	132	137		149	155	161	168	174	181	188
	99	9 8	4 8	7 9	1 94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186
	91			7 9	0.4	98								135	140	146						
																	152	158	164		177	184
	9			7 9			101					124	129	134	139	145	151	157	163	169	176	182
Relative Humidity at Site	90	8 8	3 8	7 9	93	1, 97	101	105	109	113	118	123	128	133	138	144	149	155	161	167		180
	95	5 8	3 . 8	6 9	93	.:. 97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179
	94			8 8		96	100	104	108					131	136	141	147	152	158			
																				164	170	177
	93			8 8				103	107		116	120	125	130	135	140	145	151	157	162	169	175
	92	2 8	3 8	6 89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173
	91	8	3 8	8 8	92	95	1. 98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171
	90						98	102	105	109												
						THE REAL PROPERTY.					113			126	131	136	141	147	15?	158	164	170
	89			5 88				101	105	109	113	117	121	125	130	135	140	145	151	156	162	168
	88	8:	3 8	5 88	91	94	. 97	101	104	108	112		120	125	129	134	139	144	149	155	160	166
	87	8:	3 8	5 86	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164
	86			5 88		The Real Property lies, the Parket Inches		100	103	107	110			123	127	132		141				
																	136		146	152	157	163
	85			5 87				ii 99	102	106				122	126	130	135	140	145	150	155	161
	84				90	93	96	3.09	102	105	109	113	117	121	125	129	134	139	144	149	154	159
	83	82	2 8	5 87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158
	82				200000000000000000000000000000000000000		95	98	101	104	108		115	119	123	127	132	135				
	-	All and a second				_		-											141	146	151	156
	81					92	94	- 97	100	104	107	110	114	118	122	126	131	135	140	144	149	155
	80					91	94	9.7	100	103	106	110	113	117	121	125	129	134	138	143	148	153
	79	82	8	4 86	89	91	94	. 96	99	102	106	109	113	116	120	124	128	133	137	142	146	151
	78	82				91			. 99	102	105	108	112	115	119	123	127	131	136	140		
	77					90				101											154	150
								THE RESERVE OF THE PERSON NAMED IN			104	108	111	115	118	122	126	130	135	139	144	148
	76					90	93	95	7 ₹ 98	101	104	107	110	114	117	121	125	129	133	138	142	147
	75	82	8	4 85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145
	74	82	8	85	87	89	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144
	73					-	200															
				-		89	91	94	96'	.99	102	105	108	111	115	118	122	126	130	134	138	143
	72					89	91	93	.96	99	101	104	107	111	114	117	121	125	129	133	137	141
	71	81	83	85	. 87	· 89	91	93	. 96	, 98	101	104	107	110	113	116	120	124	127	131	136	140
	70	81	83	85	88	. 88	90	93	*95	98	100	103	106	109	112	116	119	123	126	130	134	138
	69					88	90	92	95	97	100	102										
							_			and the second			105	108	111	115	118	122	125	129	133	137
	68					88	90	92	94	97	99	102	105	108		114	117	121	124	128	132	136
	67	81			86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135
	66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133
	65	81	82	84	85	87	89	91	93	Mark Spillers and Spillers	.æ. 98	100	103	105	108	111	114	118	121	125		
77	64																				128	132
	10000		1000			87	89	91	93	77 95	97	99	102	105	108	110	114	117	120	123	127	131
w I	63	81	82			87	88	90	92	94	97	99	101	104	107	110	113	116	119	122	126	130
8	62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128
	61	81	82	83	85	86	88	90	91	93	: 96'	98	100	103	105	108	111	114	117	120	124	127
	60	81	CONTRACTOR AND ADDRESS OF			86	88	89	91	93												
										The second second	95	4. <u>9</u> 7	100	102	105	107	110	113	116	119	123	126
	59	81				86	87	89	91	93		. 97	99	102	104	107	109	112	115	118	122	125
	58	81			84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124
	57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123
	56	80			84	85	86	88	90	92	93		98	100	102	105	107	110	113	115		
	55	80	The same of	-										THE OWNER OF TAXABLE PARTY.							118	122
						85	86	88	89	91	93		97;	(j 9 <u>9</u>	101	104	106	109	112	114	117	120
	54	80	81	82	83	85	86	87	89	91	93	94	95	. 99	101	103	106	108	111	114	116	119
	53	80	81	82	83	84	86	87	89	90	92	94	96.	98:	100	103	105	107	110	113	116	118
	52	80	81	82	83	84	86	87	88	90	92	94	96 [	• 98	100	102	104	107	109	112	115	117
	51	80			83	84							THE RESERVE OF THE PERSON NAMED IN		-	_						
			_				85	87	88	90	91	93	95	. 197	99	101	104	106	108	111	114	116
	50	80	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115
	49	80	81	82	83	84	85	86	88	89	91	92	941	9.6	98	100	102	105	107	109	112	115
	48	80	81	81	82	84	85	86	87	89	90	92	94		9.7	100	102	104	106	109		
							OWNER WHEN				-					MARK THE RESERVE	-				111)	114
	47	80				83	85	86	87	88	90	92	93	95		99.	101	103	105	108	110	113
	46	80		The second second		83	84	86	87	88	90	91	93			98	100	103	105	107	109	112
	45	80	80	81	82	83	84	85	. 87	88	89	91	92	941	96	7 98	100	102	104	106	109	111
	- 44	80		The second second	82	83	84	85	86	88	89	91	92		.96			101	103	106	108	
		-	THE RESERVE AND ADDRESS OF THE PERSON NAMED IN										- 12					THE RESERVE OF THE PERSON NAMED IN				110
	43	79		1000	82	83	84	85	86	87	89	90	92		95		99	101	103	105	107	109
1	42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	96, 1	· 98	100	102	104	106	109
- 1	41	79	80	81	82	82	83	85	88	87	88	90	91		94		98	100	101	104	106	108
					-	_				-	_					-	Market Street					

Heat Index Under 95°

Provide ample water. Water is always available and athletes have unrestricted access. Optional water breaks every 30 minutes for 10 minute time frames. ice-down towels are available. Athletes should be monitored carefully. Re-check heat index every 30 minutes

40 79 80 81 81 82 83 84 85 87 88 89 91 92

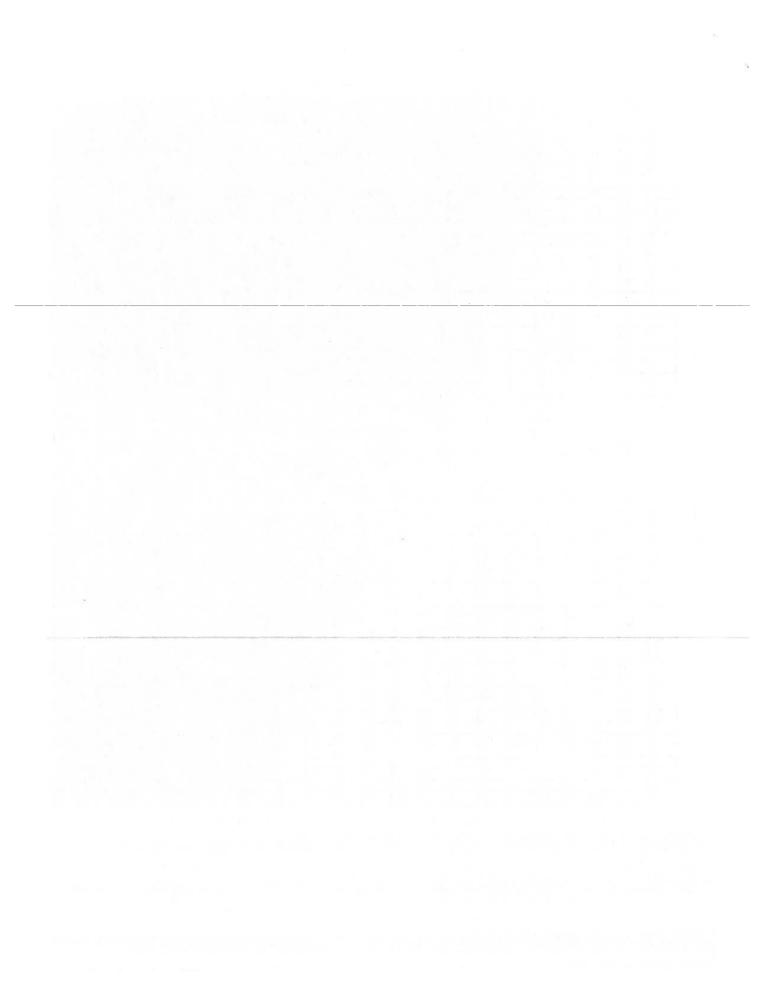
95°."99° Heat Index
Provide ample water. Water is always available and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes.

- 104° Heat Index

Provide ample water. Water is always available and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10 minute time frames Ice-down towels are available. After uniforms by removing items/layers if possible. Allow changes to dry shirts and shorts if possible. Reduce time outside of move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes.

Heat Index 105° and Above

Stop all outside activity including practice or play. Stop all indoor activity if air conditioning is not available and the heat index indoors is 105° or greater. Re-check heat index every 30 minutes.



### TSSAA Heat Policy - Modifications for Golf Competitions and Practice 95°-104°

Players should have immediate access to water regardless of their location on the course. Water bottles should be kept with players at all times. Pace of play should be so that players are resting at least one minute for every three minutes that they are walking. The time taken between shots and the transition time on the tee-box between holes can be considered resting time.

# TSSAA Heat Policy - Modifications for Soccer Competition when the Heat Index is $95^{\circ}$ - $104^{\circ}$

The referee shall stop the game for a heat time-out lasting no less than five minutes during the first and second half. The time-out will be called at the first logical time to stop play after the 20 minute mark of each half.

### TSSAA Heat Policy - Modifications for Football Competition when the Heat Index is 95°-104°

Officials shall stop the game for a heat time-out at the first dead ball after the halfway point of each quarter. If either team has possession of the ball inside the other team's twenty yard line, officials may delay this time out until either the offensive team scores or the ball is turned over.

# TSSAA Heat Policy - Modifications for Cross Country Competition when the Heat Index is 95°-104°

Athletes should have access to unlimited water before and after competition. Athletes should be monitored closely for signs of heat illness following the conclusion of the competition. Athletes should be encouraged to re-hydrate and seek shade as soon as the competition is complete.

### TSSAA Heat Policy - Modifications for Track and Field Competition when the Heat Index is 95°-104°

Athletes should have access to unlimited water before, during and after competition. Athletes should be monitored closely for signs of heat illness during the competition. No mandatory stoppage of play required unless the heat index exceeds 104°. Athletes should re-hydrate and seek shade at each available opportunity during the competition.

## TSSAA Heat Policy - Modifications for Baseball Competition when the Heat Index is 95° - 104°

Athletes should have access to unlimited water before, during and after competition in the dugout area. No mandatory stoppage of play required unless the heat index exceeds 104°.

### TSSAA Heat Policy - Modifications for Softball Competition when the Heat Index is 95° - 104°

Athletes should have access to unlimited water before, during and after competition in the dugout area. No mandatory stoppage of play required unless the heat index exceeds 104°.

## TSSAA Heat Policy - Modifications for Tennis Competition when the Heat Index is 95° - 104°

Athletes should have access to unlimited water before, during and after competition. No mandatory stoppage of play required unless the heat index exceeds 104°. Regular periods of rest between games and/or sets should be long enough to maintain a ratio of 1 minute of rest for every 3 minutes played.