APPARENT TEMPERATURE CHART

Temperature (°F)

Relative Humidity (%)

http://www.weather.gov/om/h-index.shtml

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity
- Caution
- Extreme Caution
- Danger
- Extreme Danger

APPARENT TEMPERATURE -- NYLL RECOMMENDATIONS

106° and up:
Recommend no outside activities. At a minimum, individual clubs must implement heat injury risk mitigation measures.

95° to 104°:
Recommend no equipment except helmets be used during practice. For games, additional non-chargeable time-outs should be called by the officials to allow for additional hydration opportunities. Shade should be made available for players if possible.

90° to 94°:
Recommend equipment (helmet at a minimum) be removed as often as possible (during rest breaks, on sideline, etc). Careful monitor all athletes for signs of heat problems.

Below 90°:
Recommend adequate water supply at all practices and games with breaks every 20 to 30 minutes for re-hydration.

EXCESSIVE HEAT DURING GAMES

Water breaks of no greater than 1:30 minutes in length will be incorporated into each game if, in the opinion of attending medical personnel, referees and/or the Field Commissioner, they become necessary. In women’s play, those breaks will be taken as close to the mid-point of each half as possible after a goal or during a dead ball situation. In men’s play, those breaks will be taken as close to the mid-point of each quarter as possible after a goal or during a dead ball situation.