

Powell County High School
700 West College Ave.
Stanton, KY 40380
Phone 606-663-3320

Jennifer Kincaid – Principal
Martina Skidmore – Asst. Principal
Josh Crowe – Dean of Students

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Christy Todd – Counselor
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Athletic Emergency Action Plan

The purpose of the Emergency Action Plan (EAP) is to guide school personnel, athletic personnel, and emergency responders in dealing with emergency situations when they occur. It is essential for the athletic department to have an EAP identifying the role of each member of the Emergency Response Team, emergency communications, emergency equipment, and the emergency protocol for each sporting venue.

Emergency Personnel

Coaches are required to be trained and maintain certification in first aid, CPR, prevention of disease transmission (ie-Blood borne Pathogens) in keeping with OSHA standards, and coaching education which includes concussions. Their role is to provide assistance to the Athletic Director or designee as part of the Emergency Response Team in the event of a medical emergency. Training should be completed prior to the supervision of athletes and is provided for all athletic department personnel. All new athletic personnel must complete the trainings unless they provide proof of current certifications. Annual review and update of the EAP is conducted with all athletic personnel so that each member of the Emergency Response Team is aware of their respective role in the event of a medical emergency.

The following roles are included in the EAP:

1. Immediate care of the injured or ill athlete(s)
2. Retrieval of emergency equipment
3. Activation of Emergency Response System-“911”
4. Directing Emergency Responders to the scene

Immediate care of the injured or ill athlete(s)

All Powell County coaches will follow appropriate emergency first aid steps that they are trained for in order to care for the injured or ill athlete per Powell County Board of Education policies.

Retrieval of Emergency Equipment

Appropriate emergency equipment must be retrieved from the designated area at the athletic venue and brought to the scene by a member of the Emergency Response Team. All athletic personnel should know the location(s) of emergency equipment. If emergency equipment is not available continue to care for the athlete until further help arrives.

Activation of 911

The athletic director or designee will activate 911. One person should have the role of contacting 911. The following information should be provided to 911:

1. Identify yourself and your role in the emergency
2. Specify your location and telephone number
3. Name(s) of the injured/ill athlete(s)
4. Time of accident
5. Care that is currently being provided
6. Specific directions to the scene of the emergency

Directing Emergency Responders to the Scene

The athletic director shall designate someone to meet responders. Make sure that at least ONE member of the coaching staff remains with the injured/ill athlete(s) at all times. If no other Emergency Response Team members are present, a student athlete, parent or other bystander should be asked to assist with direction. Remember, a medically trained individual should remain with the injured athlete until additional help arrives.

Emergency Responders Entrances:

Powell County High School Gymnasium- Enter through the front gym lobby (bus lane) entrance.

Powell County High School Football Field- Enter through Stanton City Park access gate.

Powell County High School Softball Field - Enter through Stanton City Park access gate.

Stanton City Park baseball field - Enter through the Stanton City park entrance

Beechfork Golf Course- Enter from parking lot

Lightning Action Plan

Powell County High School Athletic Department will follow guidelines set forth by the KHSAA and the NFHS regarding lightning safety.

1. The Athletic Director will monitor local weather conditions before and during events. Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest until the hazard has passed. Signs of imminent thunderstorm activity are darkened clouds, high winds, and thunder or lightning activity.
2. Criteria for suspension and resumption of play are as follows:
 - a. **Hear it clear it, see it, flee it!** - When thunder is heard or a lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and seek shelter immediately
 - b. **30 minute rule-** Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock.
3. Review the evacuation plans, including identifying appropriate nearby safe shelters for each venue with all staff. All teams should use the nearest school building they have access to. Alternate safe shelters from lightning includes buses and cars (not convertibles).

In the event of a lightning strike, observe the following basic first aid procedures in managing victims:

1. Survey the scene for safety
2. Activate 911

3. If necessary, move the victim to a safer location
4. Evaluate airway, breathing and circulation, and begin CPR if necessary
5. Treat victim as needed

Athletic Injury or Illness Emergency Protocol:

The following procedures are to be carried out by the athletic director or designee in the event of injury or illness to a student-athlete.

The athletic director will be available for most home contest and practices. In the event of multiple events overlapping, coaches should use their telecommunication device to contact the athletic director in the event of an emergency.

Home events occurring on Prestonsburg High School grounds:

Medical emergencies include: breathing cessation, severe bleeding, concussion with loss of consciousness, suspected neck or spinal injury, obvious fracture, dislocation, eye or face injury, heat related illness, and any other illness that results in poor vital signs.

In the event of a medical emergency or other injury:

1. Follow the EAP and provide appropriate first aid care
2. Activate 911 (when appropriate)
3. Monitor vital signs
4. Calm and reassure the athlete
5. Notify the athletic director as soon as possible
6. Notify parent(s) of student-athlete(s) as soon as possible
7. Provide follow up care as needed

Note: Prestonsburg High School is responsible for the visiting team and the same protocols should be followed

**Athletes that are treated may not return to participation until the athletic director or head coach receives a medical release from the attending health care provider
EAP Phone Numbers, in addition to local EMS: 911

- Jennifer Kincaid, Principal: 859-797-8654
- Martina Skidmore, Assistant Principal: 859-274-6870
- Josh Crowe, Dean of Students: 859-274-6143
- Doug Brewer, Athletic Director: 606-344-4304
- PCHS Offices: 606-663-3320

Heat Index

Powell County High School will follow specific guidelines outlined by the KHSAA Heat Index Protocols. Please see attached KHSAA Guidelines.



Kentucky High School Athletic Association

2280 Executive Drive ° Lexington, KY 40505 ° www.khsaa.org ° (859)299-5472 (859)293-5999 (fax)

KENTUCKY MEDICAL ASSOCIATION / KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION PROCEDURE FOR AVOIDING HEAT INJURY / ILLNESS THROUGH ANALYSIS OF HEAT INDEX AND RESTRUCTURING OF ACTIVITIES AND RECOMMENDATIONS FOR COOLING METHODS DUE TO HEAT RELATED ILLNESS

Complete listing of support documents available at <http://www.khsaa.org/sportsmedicine/>

Original Procedure Made by the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports to and for the Kentucky High School Athletic Association and adopted by the KHSAA Board of Control as recommendation for all schools, May, 2002

On site Procedures Revised by KHSAA Board of Control, February 13, 2003

On site procedures further Revised and Made Mandatory for all schools by the KHSAA Board of Control, May, 2005

On site procedures further revised with respect to testing instruments, March, 2007

Cooling Procedures Modified as Recommended by Kentucky Medical Association, June, 2009

Heat Index Expanded to Spring Sports, August, 2010

INTRODUCTION

Following months of study, after one year of implementation and in an effort to help protect the health and safety of student-athletes participating in high school sports, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports issued a recommended procedure to the Kentucky High School Athletic Association for immediate implementation in 2002. This procedure called for the determination of the Heat Index (using on site devices to measure Temperature and Relative Humidity), and a guideline for activity to be conducted at that time based on the Heat Index reading. Though other procedures and measurements were considered, the application of the Heat Index appeared to be most readily implementable on a state wide basis, and appeared to be reliably tested in other areas.

Through the first five years of use of the procedure, minor adjustments were made in the reporting requirements, and the on site devices to be used. In May, 2005, the Board of Control through its policies directed that all member school comply with the testing and reporting requirements. In October, 2006, the member schools of the Association overwhelming approved at their Annual Meeting, a proposal to make such reporting not simply a Board of Control policy, but a school supported and approved Bylaw as it approved Proposal 9 to amend KHSAA Bylaw 17 (full details are available at <http://www.khsaa.org/annualmeeting/20062007/annualmeetingproposals20062007.pdf>)

In March, 2007, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports recommended the elimination of all devices with the exception of the Digital Sling Psychrometer as a means of measuring at the competition/practice site.

In June, 2009, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports recommended that specific cooling procedures, including the practicing in the event of an emergency, be implemented at the local school level.

In August, 2010, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports recommended that the heat index monitoring procedures apply to the sports played in the spring in Kentucky's high schools.

Each of these recommendations were adopted by the KHSAA Board of Control.

GENERAL PROCEDURE

The procedure calls for the determination of the Temperature and Relative Humidity at the practice / contest site using a Digital Sling psychrometer. It is important to note that media-related temperature readings (such as the Weather Channel, local radio, etc.), or even other readings in the general proximity are not permitted as they may not yield defensible results when considering the recommended scale. The readings must be made at the site.

Neither the KHSAA nor KMA has endorsed any particular brand of psychrometer and receives no endorsement fee or other consideration for any device sold. There are several models on the market that will properly perform the functions, including companies such as Medco and others. The KHSAA or your local Certified Athletic Trainer has easy access to catalogs with this type of equipment. In addition, the KHSAA web site has a variety of links to various dealers.

INDOOR AND OUTDOOR VENUES

While much of the original discussion concerning this package centered on outdoor sports, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports has advised the KHSAA that indoor sports, particularly in times of year or facilities where air conditioning may not be available, should be included in the testing. Such has been approved by the Board of Control as policy requirement. The recommendations contained in this package clearly

cover both indoor and outdoor activity, as well as contact and non-contact sports.

PROCEDURE FOR TESTING

- Thirty (30) minutes prior to the start of activity, temperature and humidity readings should be taken at the practice / competition site.
- The information should be recorded on KHSAA Form GE20 and these records shall be available for inspection upon request. All schools will be required to submit this form in either a paper or electronic form.
- The temperature and humidity should be factored into the Heat Index Calculation and Chart and a determination made as to the Heat Index. If schools are utilizing a digital sling psychrometer that calculates the Heat Index, that number may be used to apply to the regulation table.
- If a reading is determined whereby activity is to be decreased (above 95 degrees Heat Index), then re-readings would be required every thirty (30) minutes to determine if further activity should be eliminated or preventative steps taken, or if an increased level of activity can resume.
- Using the following scale, activity must be altered and / or eliminated based on this Heat Index as determined –

Under 95 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ol style="list-style-type: none"> (1) Water should always be available and athletes be able to take in as much water as they desire; (2) Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group; (3) Have towels with ice for cooling of athletes as needed; (4) Watch/monitor athletes carefully for necessary action; and (5) Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.
95 degrees to 99 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ol style="list-style-type: none"> (1) Water should always be available and athletes should be able to take in as much water as they desire; (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; (3) Have towels with ice for cooling of athletes as needed; and (4) Watch/monitor athletes carefully for necessary action. ❖ Additional Steps for Contact sports and activities with additional required protective equipment: <ol style="list-style-type: none"> (1) Helmets and other required equipment (by rule) should be removed when athlete not directly involved with competition, drill or practice, and it is not otherwise required by rule; (2) Reduce time of outside activity. Consider postponing practice to later in the day; and (3) Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index. (3) Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
100 degrees (above 99 degrees) to 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ol style="list-style-type: none"> (1) Water should always be available and athletes should be able to take in as much water as they desire; (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; (3) Have towels with ice for cooling of athletes as needed; (4) Watch/monitor athletes carefully for necessary action; (5) Alter uniform by removing items if possible and permissible by rules; (6) Allow for changes to dry T-shirts and shorts by athletes at defined intervals; (7) Reduce time of outside activity as well as indoor activity if air conditioning is unavailable; and (8) Postpone practice to later in day. ❖ Additional Steps for Contact sports and activities with additional required protective equipment: <ol style="list-style-type: none"> (1) If helmets or other protective equipment are required to be worn by rule or normal practice, suspend practice or competition immediately and resumption may not occur until the index is 99 degrees or below; (2) For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day; and (3) Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.
Above 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ All Sports <ol style="list-style-type: none"> (1) Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.
Continual Usage and Monitoring	<ol style="list-style-type: none"> a) This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity. b) The KHSAA will use September 15 as the standard date for the recording of the Heat Index

- This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity. The KHSAA will use September 15 as the standard date

for the return of the Heat Index forms in the fall, and April 15 as the start date in the spring but reminds its member schools that the monitoring shall continue until such a time that no combination of heat and humidity at that level will result in a need to curtail activity.

SUMMARY OF HEAT INDEX MONITORING RECOMMENDATIONS

Though much more scientific information and other alternative methods for determining Heat Index and participation restrictions are being studied, these initial steps should help ensure the health and safety of the participants in high school sports. Adherence to these guidelines represents a conscious effort by the interscholastic community to emphasize health and safety on a much higher level than any loss of competitive preparation. Any further revisions or enhancements will be distributed to the members of the KHSAA.

COOLING METHODS DUE TO HEAT RELATED ILLNESS

Exertional heat stroke (EHS) is relatively uncommon among exercise associated medical conditions, but is a frequent cause of exercise related death. 3 athletes have died of EHS in Kentucky in the past 5 years. The majority of medical evidence shows that early institution of body cooling is the most effective method of decreasing mortality in EHS. This paper contains recommendations regarding the methods of body cooling, including tubs, ice bags, iced towels (towels with water that have been frozen) water, fans, and shade. The recommendations are classified as essential (foundational to the implementation of treatment, should have resources and personnel directed towards implementation), and desirable (important in maximal implementation, should have resources and personnel directed towards implementation as budget and resources allow). The recommendations are only guidelines, are not intended as a standard of care, and should not be considered as such. These guidelines should be considered in the care of athletes who can be expected to be at risk of EHS due to the sport or the environmental situation of the activity. Sports especially at risk include football with and without equipment, soccer, and long distance track. Other sports and activities, such as cycling, golf, baseball, tennis, track and field, and band, may also be at risk due to long duration exposure to extreme environmental conditions.

It is essential that the school and school officials:

- Establish a written plan for emergency treatment of EHS, and conduct drills in the implementation of the plan
- Know how to assess environmental conditions and determine when extreme conditions exist
- Identify a specific spot at the athletic facility that has shade
- Have immediate access to ice and bags to contain ice
- Have access to water, and provide water breaks as outlined in the KMA/KHSAA Heat Illness and Prevention Policy
- Know the most effective sites for application of ice to the body

It is highly desirable that the school and school officials

- Obtain and use, when environmental conditions are determined to be extreme, a tub or pool, filled with water and ice before practice or game, to be used in body immersion for maximal cooling, and have personnel trained in this technique.

It is desirable that schools and school officials:

- Have a certified athletic trainer (AT,C) on staff to develop and implement these guidelines
- Have immediate access to water
- Provide shade breaks
- Provide fans when environmental conditions are determined to be extreme
- Have close access to an air conditioned room
- Have access to and use iced towels that can be rotated to appropriate areas of the body, including the axilla, groin, and back of the neck

REFERENCES

1. Binkley HM et al. NATA Position statement: Exertional heat illness. J Ath Training 2002; 37: 329- 343.
2. Casa DJ et al. Survival strategy: Acute treatment of exertional heat stroke. J Strength Conditioning Res 2006; 20: 462.
3. Armstrong LE et al. ACSM position stand: Exertional heat illness during training and competition. Med Sci Sports Exerc 2007; 41: 556- 572

Heat Index Calculation and Chart

Temperature (In Fahrenheit)

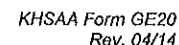
Relative Humidity at Site

	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	
100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188	
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186	
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184	
97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182	
96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180	
95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179	
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31	79	79	80	81	81	82	83	84	85	86	87	88	89	91	92	93	95	96	98	99	101	103
30	79	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	94	96	97	99	101	103
29	79	79	80	80	81																	

Heat Index Calculation and Chart

ACTIVITY CESSATION CHART

<p>UNDER 95 DEGREES HEAT INDEX OR WBGT 86.9 AND BELOW</p> <p>a) All sports</p> <p>(1) Water should always be available and athletes be able to take in as much water as they desire;</p> <p>(2) Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group;</p> <p>(3) Have towels with ice for cooling of athletes as needed;</p> <p>(4) Watch/monitor athletes carefully for necessary action; and</p> <p>(5) Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.</p>
<p>95 TO 99 DEGREES HEAT INDEX OR WBGT 87.0 TO 89.9</p> <p>ALL SCHOOLS</p> <p>a) All sports</p> <p>(1) Water should always be available and athletes should be able to take in as much water as they desire;</p> <p>(2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices;</p> <p>(3) All breaks shall be taken in areas outside of direct sunlight;</p> <p>(4) Have towels with ice for cooling of athletes as needed; and</p> <p>(5) Watch/monitor athletes carefully for necessary action.</p> <p>b) Additional Steps for Contact sports and activities with additional required protective equipment:</p> <p>(1) Helmets and other required equipment (by rule) should be removed when athlete not directly involved with competition, drill or practice, and it is not otherwise required by rule;</p> <p>(2) Reduce time of outside activity. Consider postponing practice to later in the day; and</p> <p>(3) Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.</p>
<p>100 DEGREES (ABOVE 99) TO 104 DEGREES HEAT INDEX OR WBGT BETWEEN 90.0 AND 91.9</p> <p>a) All sports</p> <p>(1) Water should always be available and athletes should be able to take in as much water as they desire;</p> <p>(2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices;</p> <p>(3) All breaks shall be taken in areas outside of direct sunlight;</p> <p>(4) Have towels with ice for cooling of athletes as needed;</p> <p>(5) Watch/monitor athletes carefully for necessary action;</p> <p>(6) Alter uniform by removing items if possible and permissible by rules;</p> <p>(7) Allow for changes to dry T-shirts and shorts by athletes at defined intervals;</p> <p>(8) Reduce time of outside activity as well as indoor activity if air conditioning is unavailable; and</p> <p>(9) Postpone practice to later in day.</p> <p>b) Additional Steps for Contact sports and activities with additional required protective equipment:</p> <p>(1) If helmets or other protective equipment are required to be worn by rule or normal practice, suspend practice or competition immediately and resumption may not occur until the index is 99 degrees or below;</p> <p>(2) For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day; and</p> <p>(3) Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.</p>
<p>ABOVE 104 DEGREES HEAT INDEX OR OVER 92 WBGT</p> <p>a) All sports</p> <p>(1) Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.</p>
<p>CONTINUAL USAGE AND MONITORING</p> <p>a) This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity.</p> <p>b) The KHSAA will use September 15 as the standard date for the recording of the Heat Index forms in the fall, and April 15 as the start date in the spring.</p> <p>c) Member schools should remember that the monitoring shall continue any time that a combination of heat and humidity at that level could result in a need to curtail activity (an ambient temperature of 83 degrees or higher).</p>



Sport

[illegible]

- Using the following scale, activity should be altered and / or eliminated based on this Heat Index as determined —

Under 95 degrees Heat Index	<ul style="list-style-type: none"> ❖ a) All sports <ul style="list-style-type: none"> ➤ (1) Water should always be available and athletes be able to take in as much water as they desire; ➤ (2) Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group; ➤ (3) Have towels with ice for cooling of athletes as needed; ➤ (4) Watch/monitor athletes carefully for necessary action; and ➤ (5) Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index..
95 degrees to 99 degrees Heat Index	<ul style="list-style-type: none"> ❖ a) All sports <ul style="list-style-type: none"> ➤ (1) Water should always be available and athletes should be able to take in as much water as they desire; ➤ (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; ➤ (3) Have towels with ice for cooling of athletes as needed; and ➤ (4) Watch/monitor athletes carefully for necessary action. ❖ b) Additional Steps for Contact sports and activities with additional required protective equipment: <ul style="list-style-type: none"> ➤ (1) Helmets and other required equipment (by rule) should be removed when athlete not directly involved with competition, drill or practice, and it is not otherwise required by rule; ➤ (2) Reduce time of outside activity. Consider postponing practice to later in the day; and ➤ (3) Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
100 degrees (above 99 degrees) to 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ a) All sports <ul style="list-style-type: none"> ➤ (1) Water should always be available and athletes should be able to take in as much water as they desire; ➤ (2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group. In sports or sport-activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; ➤ (3) Have towels with ice for cooling of athletes as needed; ➤ (4) Watch/monitor athletes carefully for necessary action; ➤ (5) Alter uniform by removing items if possible and permissible by rules; ➤ (6) Allow for changes to dry T-shirts and shorts by athletes at defined intervals; ➤ (7) Reduce time of outside activity as well as indoor activity if air conditioning is unavailable; and ➤ (8) Postpone practice to later in day. ❖ b) Additional Steps for Contact sports and activities with additional required protective equipment: <ul style="list-style-type: none"> ➤ (1) If helmets or other protective equipment are required to be worn by rule or normal practice, suspend practice or competition immediately and resumption may not occur until the index is 99 degrees or below; ➤ (2) For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day; and ➤ (3) Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.
Above 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ a) All sports <ul style="list-style-type: none"> ➤ (1) Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.
Continual Use Procedure	<ul style="list-style-type: none"> ❖ a) This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity. ❖ b) The KHSAA will use September 15 as the standard date for the recording of the Heat Index forms in the fall, and April 15 as the start date in the spring. ❖ c) Member schools should remember that the monitoring shall continue any time that a combination of heat and humidity at that level could result in a need to curtail activity (an ambient temperature of 83 degrees or higher).