

VHSL HEAT GUIDELINES

Temperatures reflect Heat Index (H.I.)/Humiture

105 & UP (BLACK FLAG)	NO OUTSIDE ACTIVITES
95 to 104	No equipment can be used during activity (helmets, pads, etc)
90 to 94	Equipment removed (during breaks or on sidelines, etc) Careful monitoring of all athletes for signs of heat problems.
89 and below	Adequate water supply provided with breaks every 20-30 minutes for rehydration.

