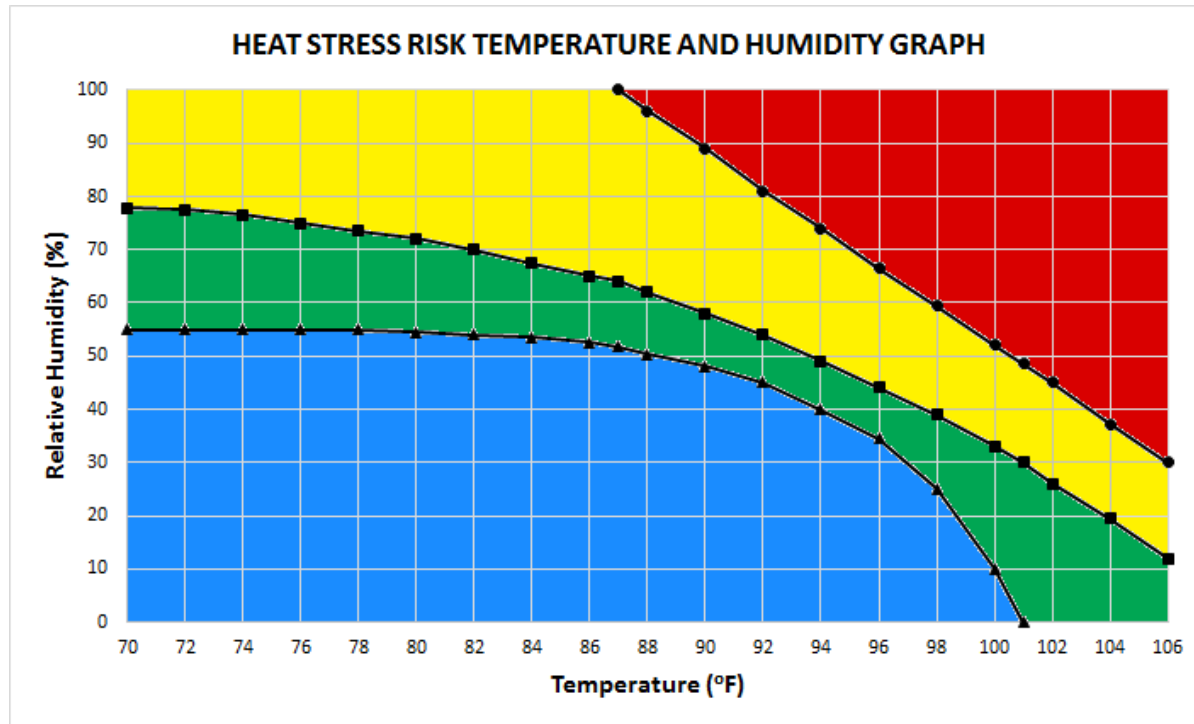


FOOTBALL



Blue / Full Pads

Green / Light Pads

Yellow / Shorts Only

Red / No Outside Activity

Heatstroke risk rises with increasing heat and relative humidity. Fluid breaks should be scheduled for all practices and scheduled more frequently as the heat stress rises. Add 5 degrees to temperature between 10am and 4 pm from May 1st to October 1st on bright, sunny days. Practices should be modified for the safety of the athletes to reflect the heat-stress conditions. Regular practices with full practice gear can be conducted for conditions that plot in the **Blue Area**. Cancel all full pad practices when temperature and relative humidity plot is to the right of the **Blue Area**.

Conditions that plot in the **Green Area**: increase rest-to-work ratio with 5 to 10 minute rest and fluid breaks every 20 to 30 minutes; practices should be in shorts with helmets and shoulder pads (not full equipment).

Conditions that plot in the **Yellow Area**: increase rest-to-work ratio with 5 to 10 minute rest and fluid breaks every 15 to 20 minutes; practice should be in shorts only with all protective equipment removed.

Conditions that plot in the **Red Area**: **NO OUTSIDE ACTIVITIES AT ALL.**