

ATHENS YMCA

Heat Index Guidelines for Youth & Athletic Programs

The Athens YMCA staff monitors weather with thermometers located around the facility and UGA Weather Network for accurate real-time updates.

Guidelines

<u>Level</u>	<u>Heat Index WBGT Fahrenheit</u>	<u>Precautions/ Activity Lengths</u>	<u>Breaks</u>	<u>Fluids</u>
1 White	<70	Low Risk; Activities reasonable/ safe	As needed Every 20/30 Minutes	As Desired
2 Green	71-79	Moderate Risk; Use caution for activities	Every 20/30 Minutes	As Desired
3 Yellow	80-89	High Risk; Use increased caution for activities & consider lengths & intensity level	Every 15/20 Minutes	Water
4 Red	90-95	Very High Risk; Consider reworking the schedule (no outside options) and moving all activities inside	Every 10 Minutes	Water/Shade/Use of inside areas
5 Black	>96	Extreme Risk; no outside activities	No outside activity	No outside activity