

**The Office of Student Services**

Germantown Municipal School District, 6685 Poplar Ave., Suite 202, Germantown, TN 38138

Phone: 901.752.7900 Fax: 901-757-6479

To: Germantown Municipal School District Employees

From: Chauncey Bland, Director of Student Services

Re: Heat Index

During the hot summer weather, the office Student Services would like to ensure the safety of Germantown Municipal School District’s (GMSD) students and staff. According to the National Weather Service (NWS), Memphis, TN, “During extremely hot and humid weather the body’s ability to cool itself is affected. When the body heats too rapidly to cool itself properly or when too much fluid or salt are lost through dehydration or sweating, the body temperature rises and heat-related illnesses may develop.” Heat-related illnesses can cause cramps, heat exhaustion, and heat strokes. In the case of heat strokes, immediate medical attention is required.

When we are expecting weather temperatures in the mid-90’s, please check the heat index to ensure that it is not above the acceptable level. If you or your school staff (i.e. coaches, cheerleader advisors, majorette advisors, sponsors, parents, and etc.) is considering outdoor practices and/or work-related activities, please have them follow the attached Heat Index guidelines.

If you have any questions and/or concerns, please contact Chauncey Bland at 901-752-7900.

Respectfully,

Chauncey Bland

Director, Student Services



**Heat Index Guidelines**

1. **If the Heat Index is 80-89:** Athletes/Students participating in outdoor activities should be watched closely for any heat distress, and frequent water breaks should be taken.
2. **If the Heat Index is 90-94:** Optional water breaks ever 30 minutes for 10 minutes in duration. Ice down towels for cooling. Watch/monitor athletes carefully for any heat distress.
3. **If the Heat Index is 95-99:** Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index. Mandatory water breaks every 30 minutes for 10 minutes in duration. Along with iced down towels, other means for cooling athletes should be available: water sprinklers, fans, shade, etc. Watch/monitor athletes carefully for necessary action. Contact sports and activities with helmets and other possible equipment should be removed while not involved in contact. Athletic activities should be modified such that football players should practice in shorts, shoulder pads, and helmets only.
4. **If the Heat Index is 100-104:** Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index. Mandatory water breaks every 20 minutes for 10 minutes in duration. Along with iced down towels, other means for cooling athletes should be available: water sprinklers, fans, shade, etc. Alter uniform by removing items if possible or other modifications should be made, such as football practice in shorts, t-shirts, and helmets only. Helmets and other possible equipment should be removed if not involved in contact or necessary for safety. Watch/monitor athletes carefully for necessary action. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. If necessary for safety, suspend activity.
5. **If the Heat Index is in excess of 104 degrees:** Activity will be suspended, postponed until later in the evening, or held indoors at the coach’s discretion. Stop all indoor activity unless air conditioning is available. Activity could also be rescheduled or postponed. No activity may begin until conditions are acceptable, meaning the heat index is below 104. All appropriate guidelines should be followed based on the Heat Index reading at the time.