

# ALL SPORT HEAT INDEX GUIDE

## HEAT INDEX CHART

Use the chart below to assess the potential severity of heat stress. **The chart should be used as a guideline only – individual reactions to the heat will vary among your athletes!**

1. Across the top of the chart, locate the **ENVIRONMENTAL TEMPERATURE** i.e., the air temperature
2. Down the left side of the chart, locate the **RELATIVE HUMIDITY**.
3. Follow across and down to find the **APPARENT TEMPERATURE (HEAT INDEX)**. The apparent temperature is the combined index of heat and humidity. It is an index of the body's sensation of heat caused by the temperature and humidity (the reverse of the "wind chill factor")

HEAT INDEX											
ENVIRONMENTAL TEMPERATURE (F°)											
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
Relative Humidity	Apparent Temperature *										
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°		
40%	68°	74°	79°	86°	93°	101°	110°	123°			
50%	69°	75°	81°	88°	96°	107°	120°				
60%	70°	76°	82°	90°	100°	114°					
70%	70°	77°	85°	93°	106°	124°					
80%	71°	78°	86°	97°	113°						
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

\* Combined index of heat and humidity... what it "feels like" to the body. Source: National Oceanic and Atmospheric Administration

## RECOMMENDED MODIFICATIONS TO ATHLETIC PARTICIPATION BASED ON THE HEAT INDEX

APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
90°- 104°	Heat cramps or heat exhaustion possible <b><i>Modify practice; take water breaks every 15 to 20 minutes.</i></b>
105°- 124°	Heat cramps or heat exhaustion likely, Heatstroke possible <b><i>Modify practice, t-shirt and shorts only; frequent (every 15 minutes) water and rest breaks.</i></b>
>125°	Heat stroke highly likely <b><i>Recommend NO PRACTICE!</i></b>
Note: This Heat Index chart is designed to provide general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be remembered that heat illness can occur at lower temperatures than indicated on the chart. In addition, studies indicate that susceptibility to heat disorders tends to increase with age.	

Contact your local weather line, the National Weather Service, or weather.com for current temperature and humidity.