## **Heat Index Chart**

This heat index chart provides general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be noted that heat illness can occur at lower temperatures than indicated on the chart.

- 1. Across the top of the chart, locate the "Relative Humidity."
- 2. Down the left side of the chart, locate the "Air Temperature."
- 3. Follow across and down to find the "Apparent Temperature." 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.

Source: National Oceanic & Atmospheric Administration

## Practice Guidelines (Applies to both indoor and outdoor activities)

Apparent Temperature	Practice Status						
Under 95°F	Water breaks every 20-30 minutes						
	Ice down towels for cooling						
95°-99°F	<ul> <li>Water breaks every 15-20 minutes</li> </ul>						
	Remove helmets frequently						
	Protective gear worn only during contact drills						
100°-104°	Water breaks every 10 minutes						
	No equipment						
	Total practice time <90 minutes						
Above 104°	NO PRACTICE						

Ai:		Relative Humidity												
Air Temperature		40	45	50	55	60	65	70	75	80	85	90	95	100
	80°	80	80	81	81	82	82	83	84	84	85	86	86	87
ure	82°	81	82	83	84	84	85	86	88	89	90	91	93	95
	84°	83	84	85	86	88	89	90	92	94	96	98	100	103
	86°	85	87	88	89	91	93	95	97	100	102	105	108	112
	88°	88	89	91	93	95	98	100	103	106	110	113	117	121
	90°	91	93	95	97	100	103	105	109	113	117	122	127	132
	92°	94	96	99	101	105	108	112	116	121	126	131		
	94°	97	100	103	106	110	114	119	124	129	135			
	96°	101	104	108	112	116	121	126	132					
	98°	105	109	113	117	123	128	134						
	100°	109	114	118	124	129	136							
	102°	114	119	124	130	137								
	104°	119	124	131	137									
	106°	124	130	137										
	108°	130	137											
	110°	136												