## 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 |  |
| :---: | :--- |
| Under $95^{\circ} \mathrm{F}$ | - Water breaks every 20-30 minutes |
|  | - Ice down towels for cooling |
| $95^{\circ}-99^{\circ} \mathrm{F}$ | - Water breaks every 15-20 minutes |
|  | - Remove helmets frequently |
|  | - Protective gear worn only during contact drills |
| $100^{\circ}-104^{\circ}$ | - Water breaks every 10 minutes |
|  | - No equipment |
|  | - Total practice time <90 minutes |
| Above $104^{\circ}$ | - NO PRACTICE |



