## Heat Index Calculation and Chart Temperature (In Fahrenheit)

I		79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99
	100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188
	99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186
	98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184
	97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182
	96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180
	95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179
	94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177
	93	83	86	89	92	96	99	103	107	111	116		125	130	135	140	145	151	157	162	169	175
	92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173
	91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171
	90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170
	89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168
	88	83	85	88	91	94	97	101	103	108	112	116	120	125	129	134	139	144	149	155	160	166
	87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164
	86	83	85	88	90	93	96	100	103	107	110		118	123	127	132	136	141	146	152	157	163
	85	83	85	87	90	93	96	99	103	107	110		117	123	126	130	135	140	145	150	155	161
	84	82	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159
	83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158
	82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	135	141	146	151	156
	81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155
	80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153
	79	82	84	86	89	91	94	96	99	103	106	109	113	116	120	124	128	133	137	142	146	151
!	78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	154	150
	77	82	84	86	88	90	93	96	98	102	103	108	111	115	118	122	126	130	135	139	144	148
'	76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147
}	75	82	84	85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145
'	74	82	83	85	87	89	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144
•	73	82	83	85	87	89	91	94	96	99	103	105	108	111	115	118	123	126	130	134	138	143
	72	82	83	85	87	89	91	93	96	99	101	103	107	111	114	117	121	125	129	133	137	141
1	71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140
	70	81	83	85	86	88	90	93	95	98	100	104	107	109	112	116	119	123	126	130	134	138
	69	81	83	84	86	88	90	92	95	97	100	103	105	108	111	115	118	122	125	129	133	137
:	68	81	83	84	86	88	90	92	94	97	99	102	105	108	111	114	117	121	124	128	132	136
	67	81	83	84	86	88	90	92	94	96	99	101	103	107	110	113	116	120	123	127	131	135
	66	81	82	84	86	87	89		93	96	98	101	103	106	109	112	115	119	122	126	129	133
:	65	81	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118	121	125	128	132
	64	81	82	84	85	87	89	91	93	95	97	99	103	105	108	110	114	117	120	123	127	131
:	63	81	82	84	85	87	88	90	92	94	97	99	102	103	107	110	113	116	119	122	126	130
	62	81	82	83	85	86	88	90	92	94	96	98	101	104	107	109	112	115	118	121	125	128
'	61	81	82	83	85	86	88	90	91	93	96	98	101	103	105	108	111	114	117	120	124	127
	60	81	82	83	84	86	88	89	91	93	95	97	100	103	105	107	110	113	116	119	123	126
	59	81	82	83	84	86	87	89	91	93	95	97	99	102	103	107	109	112	115	118	122	125
	58	81	82	83	84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124
	57	80	81	83	84	85	87	88	90	92	94	96	98	101	103	105	108	111	113	116	119	123
	56	80	81	83	84	85	86	88	90	92	93	95	98	100	103	105	107	110	113	115	118	123
	55	80	81	82	84	85	86	88	89	91	93	95	96 97	99	102	103	107	109	112	113	117	120
	54	80	81	82	83	85	86	87	89		93	95	96	99	101	104	106	108	111	114	116	119
	53	80	81	82	83	84	86	87	89	90	93	94	96	98	101	103	105	107	110	113	116	118
	52	80	81	82	83	84	86	87	88	90	92	94	96	98	100	103	103	107	109	112	115	117
	51	80	81	82	83	84	85	87	88	90	91	93	95	97	99	101	104	106	108	111	114	116
	50	80	81	82	83	84	85	86	88	89	91	93	95	97	99	101	104	105	108	110	113	115
	49	80	81	82	83	84	85	86	88	89	91	92	94	96	98	100	103	105	107	109	112	115
	49	80	81	81	82	84	85	86	87	89	90	92	94	96	97	100	102	103	107	109	111	114
	47	80	81	81	82	83	85	86	87	88	90	92	93	96 95	97	99	102	104	105	109	110	113
	46	80	80	81	82	83	84	86	87	88	90	91	93	95 95	96	98	101	103	105	100	109	112
	45	80	80	81	82	83	84	85	87	88	89	91	93	95	96	98	100	103	103	107	109	111
	44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	96 97	99	102	104	106	109	110
	43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109
	43	79 79	80	81	82	83	84	85	86	87	88	90	91	93	95 95	96	98	101	103	103	107	109
	42	79 79	80	81	82	82	83	85	86	87	88	90	91	93	95	96	98	100	102	104	106	108
	40	79 79	80	81		82	83		85	87	88	89	91	93	94	96 95	96	99	101	104	105	100
	40	13	00	ΟI	01	02	υS	04					ופ	32	<b>∌</b> 4		- 31	99	- 101	103	100	107
									- 1	leat Inc	lex Unc	der 95°										

Relative Humidity at Site

## Heat Index Under 95°

Provide ample water. Water is always available and athletes have unrestricted access. Optional water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Athletes should be monitored carefully. Re-check heat index every 30 minutes.

95° - 99° Heat Index

Provide ample water. Water is always available and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes.

## 100° - 104° Heat Index

Provide ample water. Water is always available and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10 minute time frames Ice-down towels are available. Alter uniforms by removing items/layers if possible. Allow changes to dry shirts and shorts if possible. Reduce time outside o move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes.

## Heat Index 105° and Above

Stop all outside activity including practice or play. Stop all indoor activity if air conditioning is not available and the heat index indoors is 105° or greater. Re-check heat index every 30 minutes.