

ATHLETICS HEAT INDEX POLICY

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

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

■ Caution
 ■ Extreme Caution
 ■ Danger
 ■ Extreme Danger

The Heat Index combines air temperature and relative humidity to determine how hot it actually feels. The human body normally cools itself by perspiration, or sweating. Normally, the water in the sweat evaporates and carries heat away from the body. However, when the relative humidity is high, the evaporation rate of water is reduced. This means heat is removed from the body at a lower rate, causing it to retain more heat than it would in dry air.

The following are the Clayton County Athletics guidelines and restrictions for corresponding Heat Index Readings.

105 Plus

DANGER! Discontinue practice. Make sure all athletes drink water.

94-104

EXTREME CAUTION! Very short, restricted practice is permitted (one hour time limit, shorts and t-shirt). Modify practice with required water breaks every 10 minutes. Observe athletes carefully for signs of heat injuries. Make sure all athletes drink water.

84-93

WARNING! Provide a mandatory ten (10) minutes rest per 45 minutes of activity. Water is to be available at all times.

83 & Below

NO RESTRICTIONS. Monitor the heat index for increases. Water is to be available at all times.