

VHSL Heat Guidelines

Humiture or Apparent Temperature Chart (After R.G.Steadman, 1979)

RELATIVE HUMIDITY (%)

<u>Temp</u>	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
105°	100	105	113	123	135	149				
104°	98	104	110	120	132	143				
102°	97	101	108	117	125	139				
100°	95	99	105	110	120	132	144			
98°	93	97	101	106	110	125	132			
96°	91	95	98	104	108	120	128			
94°	89	93	95	100	105	111	122	128		
92°	87	90	92	96	100	106	115	122		
90°	85	88	90	92	93	100	106	114	122	130
88°	82	86	87	89	93	95	100	106	115	125
86°	80	84	85	87	90	92	96	100	109	111
84°	78	81	83	85	86	89	91	95	99	105
82°	77	79	80	81	84	86	89	91	95	96
80°	75	77	78	79	81	83	85	86	89	91
78°	72	75	77	78	79	80	81	83	85	86
76°	70	72	75	76	77	77	77	78	79	80

HUMITURE

105° and up:

95° to 104°:

90° to 94°:

Below 89°:

VHSL RECOMMENDATION

Recommend no outside activities.

Recommend no equipment (helmets, pads, etc) be used during activity.

Recommend equipment be removed as often as possible (during rest breaks, on sideline, etc). Careful monitoring of all athletes for signs of heat problems.

Recommend adequate water supply at all practices and competitions with breaks every 20 to 30 minutes for rehydration