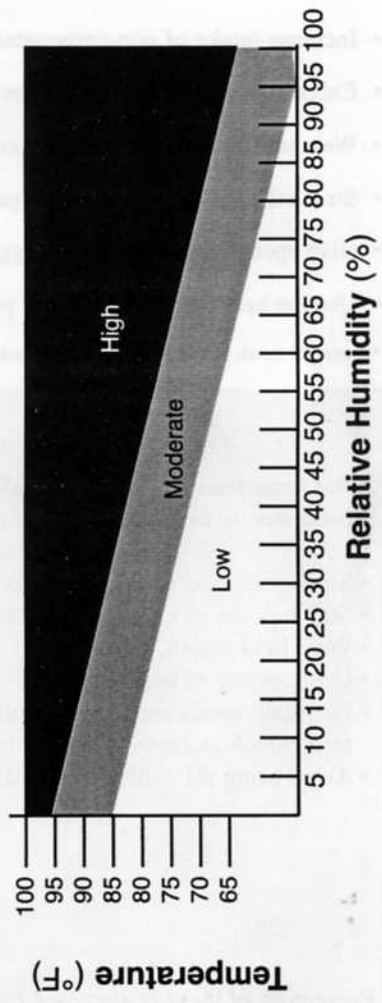


HEAT INDEX CHART

High heat index values are a combination of temperature and humidity. For example, if the temperature is 95° and the relative humidity is 55%, the heat index temperature is 110°. Studies have shown that possible heat disorders which could affect people from these conditions include sunstroke, heat cramps and heat exhaustion. Heatstroke is possible with prolonged exposure and/or physical activity. People are urged to use common sense when pursuing outdoor activities.

To use this chart, simply read across from temperature scale on the left hand side to the intersecting relative humidity that is read across the top.

		Relative Humidity (%)																				
		0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
120	Air Temperature	107	111	116	123	130	139	148														
115		103	107	111	115	120	127	135	143	151												
110		99	102	105	108	112	117	123	130	137	143	150										
105		95	97	100	102	105	109	113	118	123	129	135	142	149								
100		91	93	95	97	99	101	104	107	110	115	120	126	132	138	144						
95		87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
90		87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
85		76	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	102	108
80		73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91
75		69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80
70		64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	70	71	71	71	71	72



- Only fit and heat-acclimated athletes can participate safely
- Heat sensitive and unacclimated athletes may suffer
- Little danger of heat stress for acclimated athletes