Kestrel Heat Index Reference Guide Celsius

Note: Heat index guidelines make the following assumptions:

- The person is 5’7”, 147 lbs
- Clothing: long trousers and short-sleeved shirt
- Internal body temperature: 37°C

<table>
<thead>
<tr>
<th>HEAT INDEX</th>
<th>RISK LEVEL</th>
<th>PROTECTIVE MEASURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 32.8°C</td>
<td>Lower (Caution)</td>
<td>Basic heat safety and planning</td>
</tr>
<tr>
<td>32.8 to 39.4°C</td>
<td>Moderate</td>
<td>Drink ~4 cups of water/hour; Take breaks as needed</td>
</tr>
<tr>
<td>39.4 to 46.1°C</td>
<td>High</td>
<td>Drink water every 15-20 minutes; Take frequent breaks; Schedule heavy work tasks when the heat index is lower</td>
</tr>
<tr>
<td>Greater than 46.1°C</td>
<td>Very high to extreme</td>
<td>Drink water frequently; Reschedule non-essential heavy work if possible; Identify precations in place including who to call for medical help</td>
</tr>
</tbody>
</table>

Use the chart below to assess the potential severity of heat stress. The chart should be used as a guideline only—individual reactions to the heat will vary among your athletes!

1. Across the top of the chart, locate the ENVIRONMENTAL TEMPERATURE, i.e. the air temperature.
2. Down the left side of the chart, locate the RELATIVE HUMIDITY.
3. Follow across and down to find the APPARENT TEMPERATURE (HEAT INDEX). The 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 (the reverse of the "wind chill factor").

<table>
<thead>
<tr>
<th>ENVIRONMENTAL TEMPERATURE (°C)</th>
<th>21.1°</th>
<th>23.9°</th>
<th>26.7°</th>
<th>29.4°</th>
<th>32.2°</th>
<th>35°</th>
<th>37.8°</th>
<th>40.6°</th>
<th>43.3°</th>
<th>46.1°</th>
<th>48.9°</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relative Humidity</td>
<td>0%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
<td>40%</td>
<td>50%</td>
<td>60%</td>
<td>70%</td>
<td>80%</td>
<td>90%</td>
<td>100%</td>
</tr>
<tr>
<td>Apparent Temperature</td>
<td>17.8°</td>
<td>18.3°</td>
<td>18.9°</td>
<td>19.4°</td>
<td>20°</td>
<td>20.6°</td>
<td>21.1°</td>
<td>21.7°</td>
<td>21.7°</td>
<td>22.2°</td>
<td></td>
</tr>
</tbody>
</table>

*Combined index of heat and humidity...what it “feels like” to the body. Source: National Oceanic and Atmospheric Administration

**WARNING!!**

These Heat Index Reference Guidelines are summarized from well-regarded published papers, policies and position statements relating to preventing heat injury. These guidelines are provided for reference only and do not constitute medical advice.

These Guidelines and your Kestrel Heat Stress product must be employed with care and good judgment. Please remember that certain individuals are more susceptible to exertional heat stress and the Kestrel products are environmental meters, not a medical device. For more information on heat stress injury prevention, visit heatstress.com

When in doubt, be conservative, reduce work time, and increase rest and hydration.

Recommended Modifications to Athletic Participation Based on the Heat Index

32.2°-40°: Heat cramps or heat exhaustion possible

Modify practice; take water breaks every 15 to 20 minutes.

40.6°-51.1°: Heat cramps or heat exhaustion likely. Heatstroke possible

Modify practice. NO HELMET OR SHOULDER PADS, t-shirt and shorts only; frequent (every 15 minutes) water and rest breaks.

51.7°+: Heat stroke highly likely

Recommend NO PRACTICE!

Note: This Heat Index chart is designed to provide general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be remembered that heat illness can occur at lower temperatures than indicated on the chart. In addition, studies indicate that susceptibility to heat disorders tends to increase with age.

Contact your local weather line, the National Weather Service, or weather.com for current temperature and humidity.
ALERT LEVEL RECOMMENDED ACTIONS

RED- EXTREME DANGER
1. Cancel and/or postpone activity to cooler time of the day.

ORANGE- DANGER
1. Maximum of 1 hour of training. Consider postponing activity to cooler time of the day. 
2. Schedule at least 4 rest breaks of 4 minutes each within the hour.
3. Recheck the environmental condition every 30 minutes to monitor for changes.
4. Have cooling stations for before, during and after exercise.
5. No additional conditioning allowed in the same day.

GOLD- EXTREME CAUTION
1. Maximum of 2 hour of training. Consider postponing activity to cooler time of the day.
2. Schedule at least 4 rest breaks of 4 minutes each within each hour, or a 10 minute break every 30 minutes of training.
3. Recheck the environmental condition every 30 minutes to monitor for changes.
4. Have cooling stations for before, during and after exercise.

BRIGHT YELLOW- CAUTION
1. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
2. Preparation of cooling modalities (example: ice towels) is recommended.