

HEAT INDEX CARD

RELATIVE HUMIDITY

ENVIRONMENTAL TEMPERATURE		15%	20%	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%
	80°	76°	77°	78°	78°	79°	79°	80°	81°	82°	83°	84°	85°	86°	87°	88°	89°
	85°	81°	82°	83°	84°	85°	86°	87°	88°	89°	90°	92°	94°	96°	97°	100	102
	90°	86°	87°	88°	90°	91°	92°	95°	97°	98°	100°	103°	106°	110°	114°	117	121
	95°	91°	93	95°	96°	98°	100°	104°	106°	109°	113°	119°	124°	130°			
	100°	97°	98°	102°	104°	107°	110°	115°	120°	125°	132°						
	105°	102°	105°	108°	113°	117°	122°	130°									
	110°	108°	112°	117°	123°	130°											

80°-89°	Fatigue is possible with prolonged exposure and/or physical activity.
90°- 104°	Sunstroke, heat cramps and heat exhaustion are possible with prolonged exposure and/or physical activity.

105° - 129°	Sunstroke, heat cramps and heat exhaustion are likely. Heat stroke is possible with prolonged exposure and/or physical activity.
130°+	Heatstroke/sunstroke is highly likely with continued exposure.

TO USE:

1. Find the current environment temperature.
2. Find the relative humidity.
3. Intersecting temperature is the combined index of heat and Humidity. This is what the environment feels like to the athlete.



GUIDELINES FOR HEAT ILLNESS PREVENTION

Background: Dehydration can compromise athletic performance and increase the risk of exertional heat injury.

Recommendations: Educate athletes regarding the risks of dehydration and overhydration on health and physical performance. Work with individual athletes to develop fluid-replacement strategies that optimize hydration status before, during and after competition.

Effects of Dehydration

- ✓ Dehydration can affect an athlete's performance in less than an hour of exercise - sooner if the athlete begins the session dehydrated.
- ✓ Dehydration of just 1%-2% body weight (only 1.5 - 3lbs. for a 150 lb. Athlete) can negatively influence performance.
- ✓ Dehydration of greater than 5% of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).

Warning Signs of Dehydration

Recognize the basic signs of dehydration:

- ✓ thirst
- ✓ irritability
- ✓ headache
- ✓ weakness
- ✓ dizziness
- ✓ cramps
- ✓ nausea
- ✓ decreased performance

What to Drink During Exercise

- ✓ Athletes benefit in many situations from drinking a sports drink containing carbohydrates.
- ✓ If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- ✓ The carbohydrate concentration in the ideal fluid replacement solution should be in the range of 6%-8% (g/100mL.)
- ✓ An ingestion rate of about 1g carbohydrate (CHO)/minute during exercise maintains optimal carbohydrate metabolism. For example, 1L of a 6% carbohydrate (14g CHO/8 oz) sports drink per hour of exercise.
- ✓ During events when a high rate of fluid intake is necessary to sustain hydration, sport drinks with less than 7% carbohydrate should be used to optimize fluid delivery.
- ✓ Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount lost in sweat.
- ✓ Cool beverages at temperatures of 50° to 59° are recommended.

Information provided by Gatorade Sports Science Institute.