

The Heat Index

During the heat of the summer driving season, there are days when the Ground Jury may invoke Article 948.2.6. Other disciplines have some distinct limitations. We are looking to establish some form of guideline. The following table may be cross-referenced for Heat Index - the combination of temperature and humidity that produces an abstract number which can be reviewed on the following table.

The main concern is to treat all competitors fairly, and of course this heat index will vary on a long day of competition. Your experiences during competition may be of interest to other officials and competitors. Please let us know of your observations.

	<u>APPARENT TEMPERATURE</u>										
	70	75	80	85	90	95	100	105	110	115	120
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136					
90%	71	79	88	102	122						
100%	72	80	91	108							

Apparent temperature risk from prolonged exercise and/or Exposure:

64-90 Fatigue, dehydration possible

90-105 Heat cramps or near exhaustion possible

105-130 Heat cramps or near exhaustion likely

130 + Heat stroke highly likely.