

HUMITURE CHART

The following chart is a simple method to determine the amount of increased risk with variations of heat and humidity, and subsequent suggestions to modify participation in physical activities. This chart is to be used when there is no mechanical (sling) or digital psychrometer available. This chart can be used by inputting the temperature and humidity available via local radio stations, Internet locations, etc. Simply cross-reference the relative humidity (top row) with the temperature (first column) to determine the humiture. Follow guidelines outlined below

Temp	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°-103°	97	101	108	117	125	139				
100°-101°	95	99	105	110	120	132	144			
98°-99°	93	97	101	106	110	125	132			
96°-97°	91	95	98	104	108	120	128			
94°-95°	89	93	95	100	105	111	122	128		
92°-93°	87	90	92	96	100	106	115	122		
90°-91°	85	88	90	92	93	100	106	114	122	130
88°-89°	82	86	87	89	93	95	100	106	115	125
86°-87°	80	84	85	87	90	92	96	100	109	111
84°-85°	78	81	83	85	86	89	91	95	99	105
82°-83°	77	79	80	81	84	86	89	91	95	96
80°-81°	75	77	78	79	81	83	85	86	89	91
78°-79°	72	75	77	78	79	80	81	83	85	86
76°	70	72	75	76	77	77	77	78	79	80

HUMITURE GREENVILLE COUNTY SCHOOLS REGULATIONS

105° and up (Red blocked areas/white #s):No outside activities *

95° to 104° (Yellow blocked areas):.....No equipment (helmets, pads, etc) be used during activity.

90° to 94° (Blue blocked areas):..... Equipment to be removed as often as possible (during rest breaks, on sideline, etc.). Careful monitoring of all athletes for signs of heat problems.

Below 89° (Clear or white blocked areas): Adequate water supply at all practices and competitions with breaks every 20 to 30 minutes for rehydration.

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