

**APPARENT TEMPERATURE CHART**  
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

■ Caution   
 ■ Extreme Caution   
 ■ Danger   
 ■ Extreme Danger

<http://www.weather.gov/om/heat/index.shtml>

**APPARENT TEMPERATURE -- NVYLL RECOMMENDATIONS**

- 105° and up:** Recommend no outside activities. At a minimum, individual clubs must implement heat injury risk mitigation measures.
- 95° to 104°:** Recommend no equipment except helmets be used during practice. For games, additional non-chargeable time-outs should be called by the officials to allow for additional hydration opportunities. Shade should be made available for players if possible.
- 90° to 94°:** Recommend equipment (helmet at a minimum) be removed as often as possible (during rest breaks, on sideline, etc). Careful monitor all athletes for signs of heat problems.
- Below 89°:** Recommend adequate water supply at all practices and games with breaks every 20 to 30 minutes for re-hydration.

**EXCESSIVE HEAT DURING GAMES**

Water breaks of no greater than 1:30 minutes in length will be incorporated into each game if, in the opinion of attending medical personnel, referees and/or the Field Commissioner, they become necessary. In women's play, those breaks will be taken as close to the mid-point of each half as possible after a goal or during a dead ball situation. In men's play, those breaks will be taken as close to the mid-point of each quarter as possible after a goal or during a dead ball situation.