



HEAT INDEX TEMPERATURE GUIDELINES

Guidelines for outdoor practice, listed as *HEAT INDEX stages*, consistent with the marking on the SkyScan Thermal Indicator

Heat Index	Heat Index Value	Temp Level	PRACTICE HOURS	BREAKS	FLUIDS
Comfort	---	70--79	Reasonable	5 Minute Break Every 20-30 Minutes	Cold Water
Caution	80-89		Use Caution	Remove Helmet, 5 Minute Break every 20 Minutes	Cold Water
Extreme Caution	90--104		Use Extreme Caution	Remove Helmet, 5 Minute Break every 15-20 Minutes	Cold Water
Danger	105--129		Practice Time Should be Shortened (max 60 min) With Low Intensity	Helmet Only, 5 Minute Break Every 10-15 Minutes	Cold Water
Extreme Danger	130 or higher		NO PRACTICE	NO PRACTICE	Normal