

EXTREME HEAT EVENTS ACTIVITY CHART

HUMIDEX VALUE	DISCOMFOR AT REST	RISK OF OVERHEATING DURING EXERCISE	ACTIVITY MODIFICATIONS
BELOW 24 C	None	Low	N/A
25 C TO 29 C	None	Low to Moderate	Drink breaks should be considered
30 C TO 34 C	Some	Moderate – Athlete should be monitored	Drink breaks or cooling breaks midway through each half
35 C TO 39 C	High	High – Athletes should be monitored closely	Cooling breaks midway through each half AND consider reduced game length or cancellation
40 C +	EXTREME	EXTREME	ALL ACTIVITY CANCELLED