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FOR HEALTHY LIVING  
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# PREPARING FOR EXTREME HEAT AND HUMIDITY DURING YMCA PROGRAMS AND EVENTS

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## Links of Interest

- **CDC** (Centers for Disease Control and Prevention): Preventing heat-related illness:  
<http://www.cdc.gov/Features/ExtremeHeat/>
- **Web MD:**  
Exercising in the heat:  
[www.webmd.com/fitness-exercise/features/exercising-in-the-heat](http://www.webmd.com/fitness-exercise/features/exercising-in-the-heat)  
Protecting children from dehydration and heat illness:  
[firstaid.webmd.com/dehydration-heat-illness](http://firstaid.webmd.com/dehydration-heat-illness)  
Preventing heat-related illness:  
[firstaid.webmd.com/tc/heat-related-illnesses-prevention](http://firstaid.webmd.com/tc/heat-related-illnesses-prevention)
- **American College of Sports Medicine:** Position Stand: "Exertional Heat Illness during Training and Competition," March 2007. [http://journals.lww.com/acsm-msse/Fulltext/2007/03000/Exertional\\_Heat\\_Illness\\_during\\_Training\\_and.20.aspx](http://journals.lww.com/acsm-msse/Fulltext/2007/03000/Exertional_Heat_Illness_during_Training_and.20.aspx)
- **Parks, Recreation and Cultural Services Department of the City of Novi, Michigan:** An example of guidelines for Ys and summer camps:  
[www.cityofnovi.org/services/parksandrec/Sports/PDF/HeatIndexGuidelinesForYouthsports.pdf](http://www.cityofnovi.org/services/parksandrec/Sports/PDF/HeatIndexGuidelinesForYouthsports.pdf)
- **National Weather Service:** The website of the National Weather Service (a division of NOAA, the National Oceanic and Atmospheric Administration) is a good source for information, especially concerning the heat index, which is excerpted below: [www.nws.noaa.gov/om/heat/index.shtml#heatindex](http://www.nws.noaa.gov/om/heat/index.shtml#heatindex)

## **Statement of the YMCA of the USA Health, Risk, and Safety Advisory Committee (HRSAC)**

Global warming aside, sudden and unexpected weather patterns involving increases in temperature, humidity, and winds may occur that can threaten the health and even survival of participants in YMCA-sponsored programs and events.

Program and event directors must be prepared to modify or even cancel programs or events that, due to the above mentioned weather issues, may threaten the health and safety of participants. YMCAs are reminded to monitor their programs and activities for children, teens, adults, older adults, and staff and to make appropriate adjustments according to local conditions and policies.

YMCA youth sport programs often have volunteer coaches and parents/guardians involved in leading practices and game day activities. It is important that all leaders of YMCA activities be alerted to the risks involved in situations of high heat and humidity. It is recommended that materials provided to parents of youth sports and event participants make it clear that the final decision to participate is to be made by the parents/guardians.

From NOAA's National Weather Service website about the heat index:

NOAA's heat alert procedures are based mainly on Heat Index Values. The [heat index](#), sometimes referred to as the apparent temperature and given in [degrees Fahrenheit](#), is a measure of how hot it really feels when [relative humidity](#) is factored with the actual air temperature.

To find the heat index, look at the [heat index chart](#). As an example, if the air temperature is 96°F (found on the top of the table) and the relative humidity is 65% (found on the left of the table), the heat index—how hot it feels—is 121°F. The National Weather Service will initiate alert procedures when the heat index is expected to exceed 105°–110°F (depending on local climate) for at least two consecutive days.

## HEAT INDEX

		Temperature ( ° F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	10	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	11	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	11	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	12	130	137			
	60	82	84	88	91	95	100	105	110	116	123	12	137				
	65	82	85	89	93	98	103	108	114	121	128	13					
	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

**IMPORTANT:** Since heat index values were devised for shady, light wind conditions, **exposure to full sunshine can increase heat index values by up to 15° F.** Also, **strong winds**, particularly with very hot, dry air, can be extremely hazardous.

The [heat index chart](#) shaded zone above 105°F shows a level that may cause increasingly severe heat disorders with continued exposure and/or physical activity.

Source: NOAA's National Weather Service, [www.nws.noaa.gov/om/heat/index.shtml](http://www.nws.noaa.gov/om/heat/index.shtml).