MINNESOTA JCC HEAT INDEX OUTDOOR ACTIVITY GUIDANCE

The table below shows when and how to modify outdoor physical activity based on the Heat Index. This guidance will help protect the health of our campers and staff. *The Minnesota JCC uses the U.S. Department of Commerce National Oceanic and Atmospheric Administration's guidance to form our protocols.*

	NWS	Не	at Ir	ndex			Te	empe	rature	e (°F)	<u> </u>						
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
W 1246	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		
ty (55	81	84	86	89	93	97	101	106	112	117	124	130	137			
Humidity	60	82	84	88	91	95	100	105	110	116	123	129	137				
핕	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
ive	75	84	88	92	97	103	109	116	124	132		1					
Relative	80	84	89	94	100	106	113	121	129								
Re	85	85	90	96	102	110	117	126	135							4	
	90	86	91	98	105	113	122	131								no	AR
	95	86	93	100	108	117	127										- }
	100	87	95	103	112	121	132										TELES .
Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity																	
	Caution					Extreme Caution						Danger	-	E>	ktreme	Dange	er

Classification	Heat Index	MN JCC Activity Guidance
Caution	80°F - 90°F	Take breaks, avoid extended periods of direct sun, and ensure campers are cooling down in pool, water games or air condition facilities
Extreme Caution	90°F - 103°F	Limit prolonged exposure and/or physical activity
Danger	103°F - 124°F	Move all activities inside; possible limitation of transportation
Extreme Danger	125°F or higher	Cancel Outdoor Programs