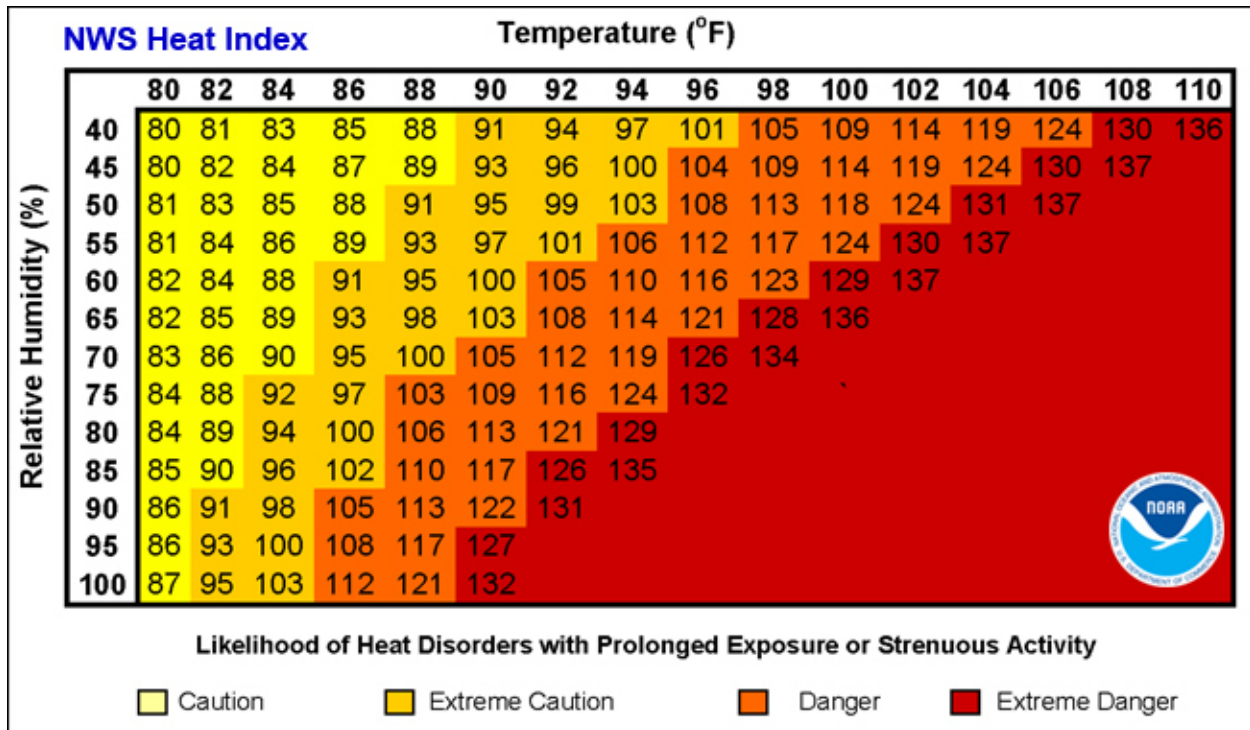


# MINNESOTA JCC HEAT INDEX OUTDOOR ACTIVITY GUIDANCE

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.*



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