

# Finding Apparent Temperature

The Heat Index											
	Environmental Temperature F°										
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
Relative Humidity	Apparent Temperature F°										
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	130°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
60%	70°	76°	82°	90°	100°	114°	132°	149°			
70%	70°	77°	85°	93°	106°	124°	144°				
80%	71°	78°	86°	97°	113°	136°					
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

Apparent Temperature	Heat-stress risk
90°-99°	Heat cramps or Heat Exhaustion possible
100°-105°	Heat cramps or Heat Exhaustion likely. Heat Stroke possible.
106° and up	Heat Stroke highly likely.

**73°**

Feels Like 73°      30% Chance of Light Rain

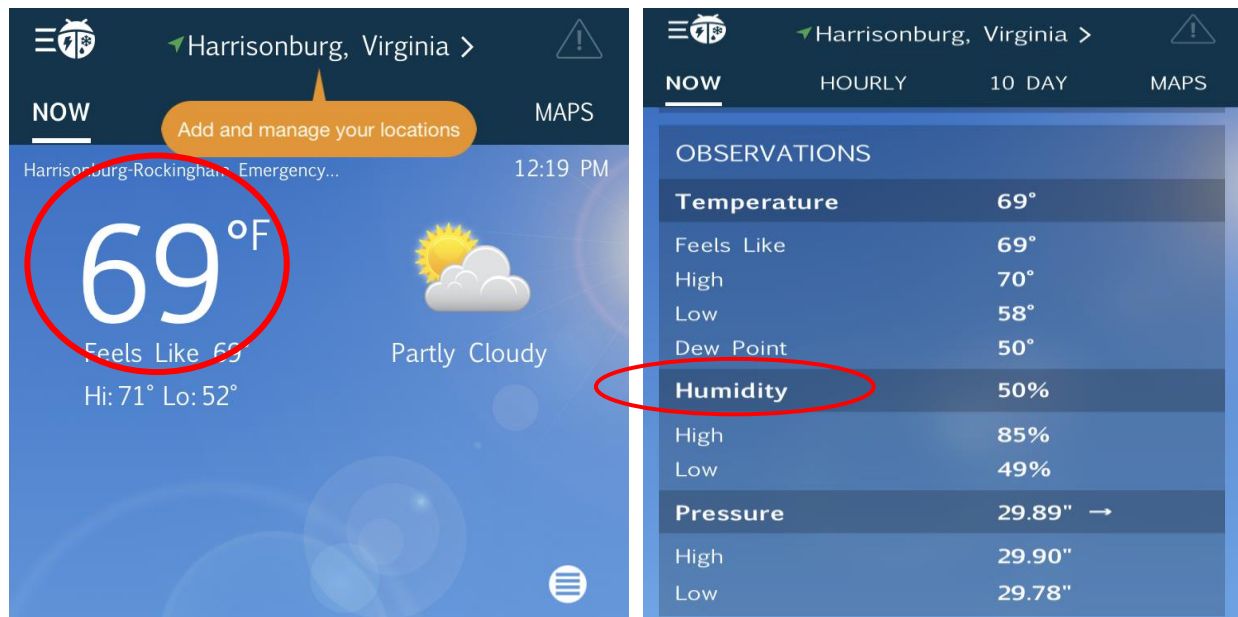
Hi 77°F Lo 67°F

**WEATHER DETAILS**

Windchill 73°	Daily Rain 0"
Dewpoint 67°	Monthly Rain 7.14"
<b>Humidity 80%</b>	Avg. Wind SE 5 mph
Pressure 30.06"	Wind Gust SSE 10.1 mph
Sunrise 5:54 AM	Moon Full
Sunset 8:32 PM	UV Index 6 (High)

Weatherbug.com

## Finding Apparent Temperature



*Weatherbug iOS App*

### Purpose

The intent of this document is to serve as a recommendation/guideline for all participants in activities associated with JMU UREC in order to promote safe participation and empower students to be aware of environmental safety factors. Always be sure to hydrate appropriately before and during activity, and consult these guidelines regularly.

### How To Calculate Apparent Temperature

- Weatherbug.com or the Weatherbug app can be used to calculate apparent temperature. Weatherbug is currently utilized as the standard weather monitoring resource at James Madison University.
- Weatherbug.com - the current temperature as well as the humidity will be shown on the main screen. See picture on page 1.
- Weatherbug App - the current temperature will be shown at the top of the main screen. Scroll down the main page to observations section, where humidity will be found. See picture above.
- Using these two values, find the apparent temperature by using the chart on page 1.
- Follow the provided recommendations based on the **apparent temperature**.

### Recommendations:

- Apparent Temperature **under 90°F** = Normal activity, 5-8 minute water break every 30 minutes for practice and/or competition.
- Apparent Temperature **90°F - 99°F** = Max practice and/or competition time 2 hours, 8-10 minute water break every 20-25 minutes for practice and/or competition. Have shaded area available to cool down during break period.
- Apparent Temperature **100°F - 105°F** = Max practice and/or competition time 1 hour, 8-10 minute water break every 15-20 minutes for practice and/or competition. Have shaded area available to cool down during break period.
- Apparent Temperature **106°F or above** = No outdoor practices and/or competition