

Range of Humidex: Degree of Discomfort and Risk of Overheating During Exercise

The guidelines below are provided for a heat acclimated, well-hydrated person.

Humidex value	Discomfort at rest	Risk of overheating during exercise
Below 24 C	None	Low to moderate
25 to 29 C	None	Moderate
30 to 39 C	Some	High - Children should be monitored closely
40 to 45 C	Great	Very high - Exercise is not advised for children, older people, or individuals with a poor fitness level
Above 45 C	Great Risk of overheating even at rest	Extreme - Exercise is not advised for any participant

If the humidex is above 30 C, in particular if it exceeds 35 C:

- Tell participants to bring extra water or sport drinks; ensure there will be access to water during the practice or the competition, and bring a big jug of fluids.
- Tell participants to dress in loosely fitting, lightweight, and light-coloured clothes.
- Plan for low-intensity activities.
- Plan for shorter work bouts, with frequent and longer pauses.
- Schedule practices early in the morning or during the evening; avoid the hours between 9 a.m. and 6 p.m.
- Consider changing the location of the practice to a shaded area, or ask participants to bring umbrellas to create shade during breaks.
- Consider exercising indoors, in a facility with air conditioning.
- Consider alternatives to physical exercise.

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