

**Heat Stress, Thunderstorms and Lightning present times when STPC and Captains of groups may need to cancel play. The following general guidelines define when play should be cancelled. Please review as everyone's safety is STPC Goal. NOTE: Senior Tennis asks that play be cancelled when the Heat Index may be over 90.**

This Heat Index Chart provides general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be remembered that heat illness can occur at lower temperatures than indicated on the chart. In addition, studies indicate that susceptibility to heat illness tends to increase with the very young and the elderly.

1. Across the top of the chart, locate the **ENVIRONMENTAL TEMPERATURE** (i.e., the air temperature).
2. Down the left side of the chart, locate the **RELATIVE HUMIDITY**.
3. Follow across and down to find the **APPARENT TEMPERATURE**. Apparent Temperature is the combined index of heat and humidity. It is an index of the body's sensation of heat caused by the temperature and humidity (the reverse of the "wind chill factor").

Note: Exposure to full sunshine can increase Heat Index values.

<b>HEAT INDEX</b>											
ENVIRONMENTAL TEMPERATURE (F°)											
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
Relative Humidity	Apparent Temperature*										
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°							

\*Combined index of heat and humidity...what it "feels like" to the body.

APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
90° - 105°	Heat cramps or heat exhaustion possible
105° - 130°	Heat cramps or heat exhaustion likely, Heatstroke possible
130° and up	Heatstroke highly likely

Source: National Oceanic and Atmospheric Administration.

## **Thunderstorms and Lightning**

**“If you see it, flee it. If you hear it, clear it.”**

Lightning is dangerous. All matches or warm-ups should be stopped immediately if lightning is sighted. All outdoor activity should stop and everyone should seek appropriate shelter. The following 30-30 rule may be applied:

- If lightning is sighted and thunder then occurs in 30 seconds or less, everyone should be instructed to seek appropriate shelter. Dividing the number of seconds between lightning and thunder by 5 gives the distance of lightning in miles. (For example, a flash-to-bang count of 30 seconds means a distance of 6 miles.) Lightning has been known to strike from as far as 10 miles away so ‘if you see it flee it, hear it clear it’.
- Activity should not resume until a minimum of 30 minutes has elapsed since the last lightning strike.

The safest shelter is any substantial building. While inside, everyone should avoid using electrical devices or telephones attached to cords. Avoid any contact with running water in the building because lightning can travel through plumbing. If such a building is not available, the next safest alternative is a fully enclosed vehicle with a metal roof and closed windows. Do not touch the metal framework while inside the vehicle. Do not stand in or near the following during a thunderstorm:

- Open fields
- Open water
- Trees, flagpoles, or light poles

If someone is struck by lightning, call 911. If possible, the injured person should be moved to a safer location.