

Temp (F)	RELATIVE HUMIDITY												
	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	130	137								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	103	106	110	114	119	124	129				
92	94	96	99	101	105	108	112	116	121	126			
90	91	93	95	97	100	103	106	109	113	117	122		
88	88	89	91	93	95	98	100	103	106	110	113	117	
86	85	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	96	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87

**The WOJFC has instituted an "EXTREME WEATHER PRACTICE POLICY"**

**This policy is Conference-wide, and is as follows:**

**Heat Index of 90 degrees and above:      15 minutes of practice**  
**MANDATORY FULL 5 minute water breaks.**

**Heat Index of 95 degrees and above:      NO HELMETS NOR SHOULDER PADS**  
**15 minutes of practice**  
**MANDATORY FULL 5 minute water breaks.**

**Heat Index of 100 degrees and above:      Practice is CANCELLED.**

**The WOJFC will determine the Heat Index from ZIP Code 45401 at 5:00pm, and designate the Extreme Weather Practice Policy for the day**

**This policy is applicable to every club in the Conference.**

**Each League Representative will receive the Conference's official stance on practice for the day, and will forward said information to their coaches and participants.**