

Safe and Smart Physical Activity

Getting Ready 2.1

A series of horizontal stripes in various colors (yellow, green, blue, dark blue, orange, red, white, light green) spanning the width of the page.

Lesson Objectives

- Explain how to prepare yourself for physical activity.
- Explain how the environment affects physical activity.
- Define: heat index, humidity, hyperthermia, hypothermia, PAR-Q, windchill factor

Medical Readiness

- Physical Activity Readiness Questionnaire (PAR-Q) - questionnaire that helps determine if you are physically and medically ready to participate in physical activity.

Readiness for Extreme Environmental Conditions

- Adapting to weather conditions is important to determining when and how strenuously (hard) you exercise.
- All people should follow the following guidelines:

Hot, Humid Weather

- Humidity - amount of water vapor present in the air
- Hyperthermia - overheating, when your body temperature rises too high

Heat-Related Conditions

Heat Cramps - Muscle cramps caused by excessive exposure to heat and low consumptions of water (dehydration)



Heat-Related Conditions

Heat exhaustion - A condition caused by excessive exposure to heat, characterized by paleness, cold clammy skin, profuse sweating, weakness and tiredness, nausea, dizziness, muscle cramps, and possible vomiting or fainting. Body temperature may be normal or slightly above normal

Heat-Related Conditions

Heatstroke - A condition caused by excessive exposure to heat, characterized by high body temperature (possibly as high as 106°F); hot dry, flushed skin; rapid pulse; lack of sweating; dizziness; or unconsciousness. This serious condition can result in death and requires prompt medical attention.

Guidelines (Hot, Humid)

- Begin gradually
- Drink water
- Wear proper clothing
- Rest frequently
- Avoid extreme heat & humidity
- Get out of the heat

NOAA's National Weather Service


Heat Index

Temperature ($^{\circ}$ F)

Relative Humidity (%)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	118	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

 Caution

 Extreme Caution

 Danger

 External Danger

Cold, Windy, & Wet Weather

- Hypothermia - excessively low body temperature



Guidelines (Cold, Windy, Wet)

- Avoid extreme cold and wind
- Dress properly
- Avoid exercising in icy or cold, wet weather

New wind chill chart

Frostbite occurs in 15 minutes or less

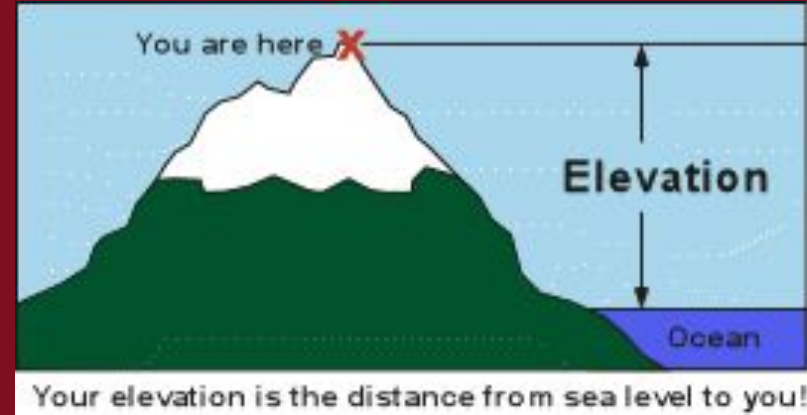
Temperature (°F)

Wind (MPH)

	30	25	20	15	10	5	0	-5	-10	-15	-10	-25
5	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40
10	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47
15	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51
20	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55
25	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58
30	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60
35	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62
40	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64
45	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65
50	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67
55	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68
60	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69

Other Environmental Factors

- Air Pollution
- Altitude



Dressing for Physical Activity

- Wear comfortable clothing
- Wash exercise clothing regularly
- Dress in layer when exercising outdoors
- Wear proper socks
- Wear proper shoes
- Consider lace-up ankle braces