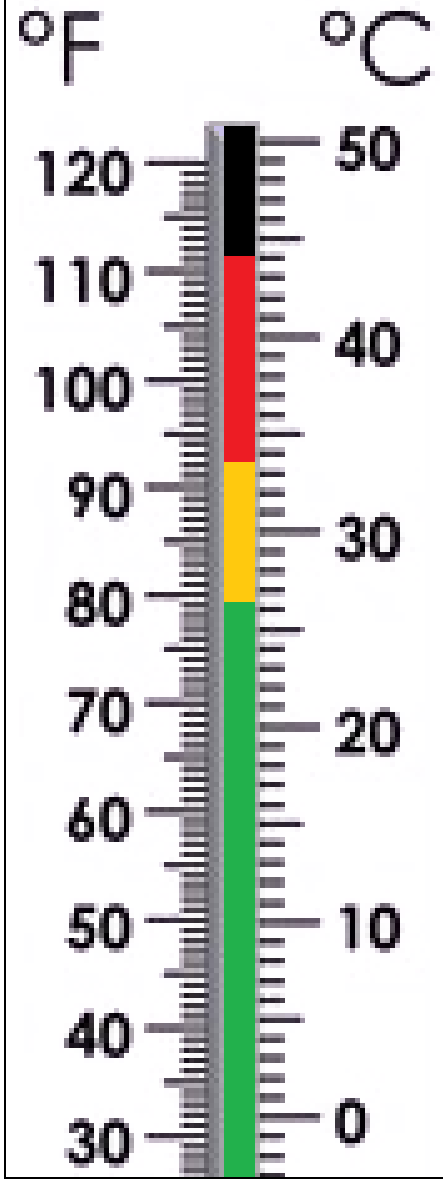
SAMFORD VALLEY TARGET ARCHERS

Heat Stress Chart



Apparent Temperature*	Risk Level	Risk of Heat-Induced Illness	Recommended Precautions
>=45°C	Extreme	**EXTREMELY HIGH**	***Reconsider your need to shoot*** If you decide to shoot, it is recommended to do so in the shade/indoors for short periods only. Drink chilled water between ends.
34-44°C	High	**VERY LIKELY**	Further increase water intake and ensure you keep well hydrated the day before a predicted hot shooting day. Consider shooting every second end when shooting in groups or taking longer seated breaks in the shade between ends. Use a sun-blocking umbrella while walking to/from the target when shooting outdoors.
27-33°C	Medium	**POSSIBLE**	Increase water intake. Wear breathable fabrics with minimal layers. Take regular breaks under shade cloth or indoors.
<=26°C	Low	**UNLIKELY**	Take normal precautions and continue to monitor risk level throughout the day.

= INCREASED PRECAUTIONS

INCREASED RISK?

<u>Current Conditions in Samford</u>

Access the website below regularly to monitor to the apparent temperature (denoted by):

http://weather.mysamford.com.au/template/indexMobile.php (mobile site)

Remember: Archery is a SPORT BY CHOICE. All archers and spectators participate at their own risk and are responsible for managing their own health and wellbeing during archery and club based activities.
The above ranges are an indication only and actual risk level will vary depending upon multiple variables of weather and shooting format as well as individual fitness and acclimatisation of archers and spectators.

SLIP – SLOP – SLAP – SLURP – SUNNIES – SHADE

*Apparent Temperature is an adjustment of the ambient temperature based on the level of humidity and is a useful indicator of actual conditions.
The above heat stress risk levels are provided by WorkSafe Qld according to club features and facilities, normal shooting procedures and conditions at Samford Valley Target Archers.