



## Do you know your Index?

Now that we are in the “Dog Days of Summer”, we are going to cover some important information to keep you and your team safe in the sun.

Most golfers (certainly Collegiate Coaches) are familiar with the Handicap Index. But do you pay attention to the other indexes that you need to know? I am referring to the Heat Index and the UV Index.

Many people have heard of the Heat Index or the UV Index, but very few understand what they are and how they can affect your round of golf. First, let’s look at the UV Index;

The UV Index is a rating system that was developed by the National Weather Service and the Environmental Protection Agency (EPA). It is a forecast of the anticipated risk for overexposure to the sun’s radiation or UV. The UV Index is a scale that runs from a low of 1 to a high of 11+. A UV Index of 2 or less represents a low risk, while a index of 11+ represents an extreme risk. The actual scale is below.

<b>UV Index Number</b>	<b>Exposure Level</b>
2 or less	Low
3 to 5	Moderate
6 to 8	High
8 to 10	Very High
11+	Extreme

FYI, sections of Western Australia have reported a UV Index of 17!!

The UV Index is a good indicator of how strong the sun’s Ultraviolet radiation will be at a certain place on earth, during a specific period of time. You can find the current UV Index on the EPA’s website at: <http://epa.gov/sunwise/uvindex.html>. Use this information to create your personal strategy for protecting yourself and your team in the sun.



If you have ever heard the expression “It’s not the heat, it is the humidity” then you will understand the Heat Index.

The Heat Index combines air temperature and relative humidity or dew point to determine an apparent temperature, or how hot it actually feels. Think of it as the summer version of the wind chill factor!

The chart below shows how to calculate the Heat Index by combining the air temperature with the dew point (more accurate than relative humidity)

Temp (F)	Dew Point (F)							
	50.0	55.0	60.0	65.0	70.0	75.0	80.0	85.0
65:	62.7	63.8	65.0	66.6				
70:	67.8	68.7	69.8	71.1	72.6			
75:	73.1	73.9	74.8	75.9	79.2	80.7		
80:	79.8	80.6	81.6	82.8	84.4	86.9	90.9	
85:	83.5	84.7	86.1	88.0	90.5	94.0	99.0	106.6
90:	87.9	89.4	91.2	93.6	96.9	101.2	107.2	115.6
95:	92.9	94.5	96.7	99.6	103.4	108.4	115.2	124.3
100:	98.1	99.9	102.4	105.6	109.8	115.3	122.7	132.3
105:	103.4	105.4	108.1	111.6	116.1	122.0	129.7	139.7
110:	108.7	110.9	113.8	117.5	122.3	128.4	136.3	146.5

- Any value less than 80 is considered comfortable.
- Any value greater than 90 is considered extreme.
- Any value greater than 100 is considered hazardous.
- Any value greater than 110 is considered dangerous.

The Heat Index does not take into account the effect of UV radiation on someone. UV in combination with a high Heat Index can dramatically increase the affect on a person.

So as you can see there really are three indexes that you should know before every round of golf that you play.....Your Handicap Index, the Heat Index and the UV Index. Remember to stay well hydrated (avoid caffeine and alcohol) and :

***Don't Burn...Reapply at the turn!®***

This is the first in a series of articles. Future topics will cover specific sun protection strategies. *The Sun SafeTee® Program is a non-profit organization developed to teach the golf community sun protection strategies and to provide the opportunity for the early detection of skin cancer. The goal of the Sun SafeTee Program is to help golfers enjoy a lifetime of healthy golf. Current Sun SafeTee Partners include the GCAA, the NGCA and the AJGA. If you would like to learn more or to make a tax deductible donation, go to [www.sunsafetee.org](http://www.sunsafetee.org) Follow Sun SafeTee on facebook and twitter.*