

## **WIND CHILL FACTOR ON DRY SKIN\***

- 3.78 knots, take 1° from temperature
- 7.56 knots, take 5° from temperature
- 11.56 knots, take 8° from temperature
- 15.66 knots, take 10° from temperature
- 19.44 knots, take 11° from temperature

E.g. if we have a 20° day, and 20 knots of wind, the temperature on your dry skin will effectively be 9°, based on the wind chill factor of 11°.

\* Taken from motorbike website, and converted into knots.

## **Hypothermia**

- 37° Normal body temperature
- 36° Feel cold
- 35° Mild Hypothermia – shivering
- 34° Moderate Hypothermia – clumsy, confused, may appear drunk, denies problem
- 32° Severe Hypothermia - shivering stops, collapse
- 31° Semi-conscious
- 30° Critical Hypothermia, unconscious
- 29° Slow pulse and breathing, may be difficult to detect
- 28° Cardiac Arrest – may appear dead

Something to think about, especially when we realise how little our bodies tolerate temperature change.

It is very seldom 28° (Cardiac Arrest,) never 31° (Semi -conscious), in Auckland, even in the middle of summer, so theoretically we could get Hypothermia all year round, if we are not prepared!

**Be prepared, it is always colder on the water!**