

To All Users of *Nijimura & Tagaya* Grounds

To All Ground Users

In the event that a Heatstroke Emergency Alert is issued, we kindly ask that, as a rule, use of the grounds *be suspended*. If you want to use it no matter what, please ensure thorough and *rigorous heatstroke prevention measures are strictly followed*.

Director, Hiro Community Development Center

We would like to inform all users of the *Nijimura & Tagaya* Grounds about the protocols to follow during the issuance of a “**Heatstroke Emergency Alert**” through Wednesday, October 22nd, 2025.

We kindly ask for your understanding and cooperation in adhering to these measures.

What is the Heatstroke Emergency Alert?

This alert is issued when dangerously high temperatures are expected to persist over a wide area. Because the risk of life-threatening heatstroke increases significantly during such conditions, heightened caution beyond the usual measures is essential.

About the Heat Index (WBGT)

Before engaging in any activities, please check the Heat Index (WBGT) — a measure that indicates the level of heat danger. Avoid strenuous activity in hazardous conditions. Although expressed in degrees Celsius like the temperature, the WBGT is a distinct measure. It reflects the combined effects of three key factors influencing how heat affects the human body:①Humidity②Solar radiation and surrounding heat sources③Air temperature.

How is the Heatstroke Emergency Alert Determined?

WBGT = 0.7 × Wet-Bulb Temperature + 0.3 × Black-Globe Temperature.

This calculation accounts not only for temperature but also for humidity and sunlight, providing a more accurate representation of perceived heat.

Typically, when all WBGT monitoring stations across a prefecture forecast a peak heat index of 35°C or above the following day, the alert is announced around 2 p.m. the day before.

In special circumstances, announcements may be made around 5 p.m. the previous day or as early as 5 a.m. on the day itself. Once issued, the alert is generally not withdrawn.

WBGT Value(°C)	Danger Level	Precautions & Recommended Actions
35 & above	Extremely Dangerous	Outdoor activities should be canceled; emergency measures may be necessary.
31 – 35	Dangerous	Avoid outdoor activities as much as possible; stay in air-conditioned or cool environments.
28 – 31	Very High Alert	Avoid strenuous exercise; take frequent breaks indoors or in the shade.
25 – 28	Caution	Take regular breaks and hydrate often; avoid overexertion.
Up to 25	Safe	Normal activities can continue; remember to stay hydrated regularly.

When the Alert is Issued...

If a Heatstroke Emergency Alert is announced, organizers are urged to either cancel activities or enforce strict heatstroke prevention measures, such as ensuring thorough hydration, to protect everyone’s safety. Please take these warnings seriously to safeguard your health and that of those around you.