REST HUB
Environment Ready

Paris 2024:
Expected Environmental Conditions

The Paris climate has traditionally been mild-moderate.

However, due to heat waves, higher temperatures (~37-40 °C) have been experienced across the last 5 years (Figure 1).

Recent historical data (Table 1) demonstrate daily temperatures and relative humidity to range between:

> Olympic Games period (July 26 - August 11): 19-39 °C and 30-75% RH

> Paralympic Games period (August 28 - September 8): 19-33 °C and 40-77% RH

Throughout July-September, average rainfall (~21-31 mm) and wind speed (9-13 km/h) are generally low.

Considerations

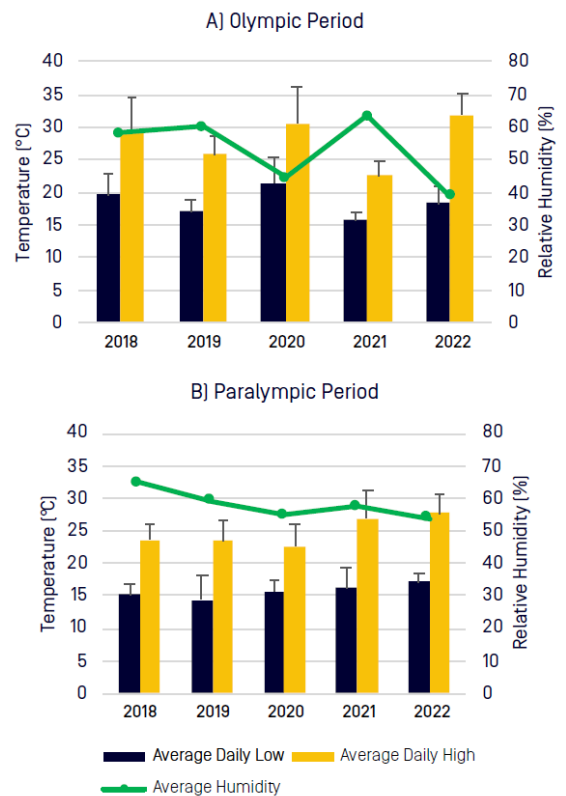With the potential for hot conditions, sports are encouraged to:

> Prepare for a range of conditions (including the hottest scenario) to maximise performance and minimise the risk of adverse heat events.

> Implement adequate heat preparation (e.g., heat acclimation) and management strategies (e.g., cooling strategies).

> Practice appropriate sun safety.

Ensure that cooling strategies are planned for, trialled, and achievable during preparatory periods and on-the-ground in Paris.

Sports are encouraged to be prepared for a range of conditions to maximise performance and minimise the risk of adverse heat events.

As in many cities, air pollution is increased around areas of high traffic (Figure 2). Where appropriate, reduce exposure to traffic and ensure transportation air-conditioning systems are used during travel.

Table 1. Lowest/highest monthly temperatures (°C) recorded in Paris and the previous three Summer Games locations.

	July		August		September	
	Low °C	High °C	Low °C	High °C	Low °C	High °C
Paris (2018-2022)	10	40	9	37	5	32
Tokyo (2021)	20	33	19	34	19	29
Rio (2016)	NA	NA	17	34	19	35
London (2012)	9	29	6	30	5	27

A) Olympic Period

B) Paralympic Period

Average Daily Low Average Daily High Average Humidity

maximum ± SD) and humidity for Paris during A) the Olympic period and B) the Paralympic period over the past 5 years.
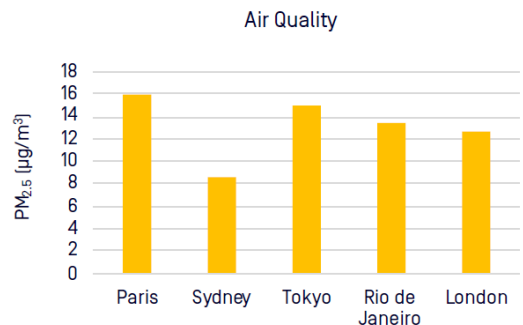

Air Quality

Figure 2. Comparison of city air quality based on annual mean of fine suspended particles of <2.5 microns in diameter (PM$_{2.5}$) between 2013-2019 (Ambient Air Pollution Database, WHO, April 2022). Mean annual concentration of PM$_{2.5}$ is a common measures of air pollution. PM$_{2.5}$ levels above 25 µg/m3 over a 24-hour period may exacerbate respiratory symptoms (WHO, 2005).

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