

SCHOOL:

## WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION HEAT INDEX MEASUREMENT AND RECORD

SPORT:\_\_\_\_\_

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE

WBGT READING	ACTIVITY ZONES, ACTIVITY GUIDELINES, & MODIFICATIONS
UNDER 82.0	0-Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0 – 86.9	1-Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
87.0 – 89.9	2-Maximum practice time is 2 hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level <b>during</b> practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: provide at least four separate rest breaks each hour of a minimum of 4 minutes each.
90.0 – 92.0	3-Maximum length of practice is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : there must be 20 minutes of rest breaks distributed throughout the hour of practice.
OVER 92.0	4-NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.