

VPA WBGT MEASUREMENT AND RECORD

SCHOOL:_____

SPORT:_____

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE

WBGT READING	ACTIVITY ZONES, ACTIVITY GUIDELINES, & REST BREAK GUIDELINES
UNDER 76.1	0-Normal Activities, no modifications necessary.
76.2 - 81	1-Normal Activities/Regular practice/game prep Discretion for Intense/Prolonged Activity; Watch at Risk Players Provide at least 3 rest/fluid breaks each hour of 4+mins each.
81.1 – 84	 2-Rest/Work ratio to be increased; 15-20 min of activity followed by 4+ min rest/fluid breaks; Practice will be in shorts, helmets, shoulder pads only No equipment may be worn for conditioning activities Maximum length of practice 2 hours 3-Rest/Work ratio to be increased; 20 mins activity/6+ min rest 20 mins of rest distributed
84.1 – 86	throughout 1 hr of practice Practice will be in shorts only (all protective equipment removed) No conditioning activities Maximum Length of practice 1 hour Change Time of Day activity is held (no practices b/t 11am-4pm)
OVER 86.1	4-No Outdoor Workouts May delay practice until cooler WBGT reading occurs