

SCHOOL:____

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE HEAT INDEX MEASUREMENT AND RECORD

SPORT:

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE

WBGT READING	ACTIVITY ZONES & ACTIVITY GUIDELINES		
UNDER 76.1	0-Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.		
76.3 – 81.0	1-Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.		
81.1 – 84.0	2-Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during 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 with a minimum duration of 4 min each.		
84.2 – 86.0	3-Maximum practice time is 1 hour. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.		
OVER 86.1	4-No outdoor workouts. Delay practice until a cooler WBGT is reached.		