



SPORT: _____

[illegible]

WBG T LEVELS	ACTIVITY ZONES & ACTIVITY GUIDELINES
UNDER 77.1	0- Normal Activities – Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
77.1 – 82.0	1- Caution for intense or prolonged exercise: Watch at-risk players carefully. Provide at least 3 separate rest breaks each hour with a minimum duration of 4 minutes each.
82.1 – 85.0	2- Maximum practice time is 2 hours: Provide at least 4 separate rest breaks each hour with a minimum duration of 4 minutes each. ADDITIONAL FOOTBALL CHANGES: Players are restricted to helmet, shoulder pads, and shorts during practice. If the WBG T rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.
85.1 – 87.1	3- Maximum practice time is 1 hour: 20 minutes of rest breaks distributed throughout the hour of practice. ADDITIONAL FOOTBALL CHANGES: No protective equipment may be worn during practice, and there may be no conditioning activities.
OVER 87.1	4- No outdoor workouts or non-air conditioned indoor workouts: Delay practice until a cooler WBG T level is reached.