



SPORT: _____

WBGT READING	ACTIVITY ZONES, ACTIVITY GUIDELINES, & REST BREAK GUIDELINES
UNDER 82.0	0 - <u>Normal activities</u> – Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each. Use discretion for intense or prolonged exercise/practice.
82.1 – 86.9	1 - Use discretion for intense or prolonged exercise/practice; watch at-risk participants carefully; provide separate rest breaks each hour for a minimum of 4 minutes duration each.
87.0 – 89.9	2 - Maximum practice time is 2 hours each. <u>Football:</u> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to workout wearing football pants without changing to shorts. <u>All Sports/Marching Band/Spirit:</u> Provide at least 4 separate rest breaks each hour with a minimum duration of 4 minutes each.
90.0 – 92.0	3 - Maximum length of practice is 1 hour. <u>Football:</u> <i>NO</i> protective equipment may be worn during practice, and there may be <i>NO</i> conditioning activities. <u>All Sports/Marching Band/Spirit:</u> There must be 20 minutes of rest breaks distributed throughout the hour of practice. <u>Games/Contests/Performances:</u> Implement additional official’s timeouts for water breaks due to unusual heat/humidity/environmental conditions that may create risks for participants.
> 92.0	4 - <u>NO Outdoor Workouts:</u> Cancel or delay practice and competitions until a cooler WBGT is reached. Indoor workouts may be permitted in an air conditioned environment.