



SPORT: _____

[illegible]

WBGT READING	ACTIVITY ZONES & ACTIVITY GUIDELINES
UNDER 79.7	0- NORMAL ACTIVITIES – 3 SEPARATE - 3 TO 5 MINUTE REST / WATER BREAKS PER HOUR
79.8– 84.6	1-USE DISCRETION FOR INTENSE / PROLONGED PRACTICE 3 SEPARATE - 4 TO 6 MINUTE REST / WATER BREAKS PER HOUR MONITOR AT-RISK ATHLETES CLOSELY COLD WATER IMMERSION AVAILABLE
84.7 – 87.6	2-MAXIMUM PRACTICE TIME IS 2 HOURS HELMETS AND SHOULDER PADS ONLY: REMOVE HELMETS AND SHOULDER PADS IF CONDITIONING (FOOTBALL) 4 SEPARATE - 4 TO 6 MINUTE REST / WATER BREAKS PER HOUR MONITOR AT-RISK ATHLETES CLOSELY COLD WATER IMMERSION AVAILABLE CONTESTS: PER NFHS RULES, IMPLEMENT ADDITIONAL/EXTENDED TIMEOUTS FOR REST / WATER BREAKS
87.7 – 89.7	3-MAXIMUM PRACTICE TIME IS 1 HOURHELMETS AND SHOULDERS PADS PROHIBITED (FOOTBALL) NO CONDITIONING 4 SEPARATE - 5 TO 7 MINUTE REST / WATER BREAKS PER HOUR MONITOR AT-RISK ATHLETES CLOSELY COLD WATER IMMERSION AVAILABLE CONTESTS: PER NFHS RULES, IMPLEMENT ADDITIONAL/EXTENDED TIMEOUTS FOR REST / WATER BREAKS CONTESTS: CONSIDER DELAYING / POSTPONING START TIMES
OVER 89.7	4- NO OUTDOOR ACTIVITIES CANCEL OR DELAY OUTDOOR PRACTICES / CONTESTS UNTIL LOWER WBGT IS RECORDED

PARTICIPANTS SHOULD ALWAYS HAVE UNRESTRICTED ACCESS TO WATER / FLUIDS
WBGT SHOULD BE MEASURED EVERY 30 MINUTES
INDIVIDUAL REACTIONS TO HEAT WILL VARY PER ATHLETE
SCHOOLS SHOULD HAVE AN EXERTIONAL HEAT ILLNESS EMERGENCY ACTION PLAN
AT RISK ATHELETES SHOULD ALWAYS BE MONITORED CLOSELY