

# WBGT MEASUREMENT AND RECORD

LOCATION: \_\_\_\_\_ SPORT: \_\_\_\_\_

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE

WBGT READING	ACTIVITY ZONES, FLAG COLOR, AND ACTIVITY RECOMMENDATIONS
UNDER 10.0	0-WHITE-Increased risk of hypothermic collapse
UNDER 65.0	1-GREEN-Remain alert as exertional heat illness may occur.
65-73	2-YELLOW-Recommend participants at increased risk for heat collapse slow pace. Warn entrants of increased risk of heat collapse.
73-82	3-RED-Recommend participants at increased risk for heat collapse withdraw from race and others slow pace to match conditions.
OVER 82.0	4-BLACK-No outdoor workouts. Delay practice until a cooler WBGT is reached or move to an indoor air conditioned environment.