

AAA WBGT MEASUREMENT AND RECORD

SCHOOL:	SPORT:
---------	--------

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE

WBGT READING	ACTIVITY ZONES, ACTIVITY GUIDELINES & REST BREAK GUIDELINES				
UNDER 82.0	82.0 0-Normal activities. Provide separate rest breaks each hour of practice. Breaks should equal 10 minutes per hour.				
82.0 – 86.9	1-Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour for a minimum of 4 minutes in duration for each.				
87.0 – 89.9	2-Maximum length of participation within this range is 2 hours. Football: players restricted to helmet, shoulder pads, and shorts during practice, protective equipment must be removed for conditioning activities. All Sports: there must be 20 minutes of rest breaks distributed throughout the hour of participation.				
90.0 – 92.0	3-Maximum length of participation with this range is 1 hour. <u>Football:</u> no protective equipment may be worn. no conditioning activities. <u>All Sports:</u> there must be 30 minutes of rest breaks distributed throughout the hour of participation.				
OVER 92.0	4-No outdoor workouts. Delay practice until a cooler WBGT level is reached.				

GUIDELINES FOR HYDRATION AND REST BREAKS:

- 1. Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration.
- 2. These breaks must be held in a "cool zone" where players are out of direct sunlight.
- 3. When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the "cool zone" to aid the cooling process AND cold immersion tubs must be available for the benefit of any player showing early signs of heat illness.
- 4. In the event of a serious EHI, the principal of "Cool First, Transport Second" should be utilized and implemented by the first medical provider onsite until cooling is completed (core temperature of 103 or less).
- 5. For football, helmets should be removed during rest time.