

SCHOOL:

## MINNESOTA STATE HIGH SCHOOL LEAGUE - NORTH HEAT INDEX MEASUREMENT AND RECORD

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

	T		T			
DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE
			i	İ		

WBGT LEVELS	ACTIVITY ZONES & ACTIVITY GUIDELINES
UNDER 73.5	0- Normal Activities – Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
73.5 – 78.4	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.
78.5 – 81.4	2- Maximum practice time is 2 hours: Provide at least 4 separate rest breaks each hour with a minimum duration of 4 minutes each. <b>ADDITIONAL FOOTBALL CHANGES</b> : Players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.
81.5 – 83.5	3- Maximum practice time is 1 hour: 20 minutes of rest breaks distributed throughout the hour of practice. <b>ADDITIONAL FOOTBALL CHANGES:</b> No protective equipment may be worn during practice, and there may be no conditioning activities.
OVER 83.5	4- No outdoor workouts or non-air conditioned indoor workouts: Delay practice until a cooler WBGT level is reached.