

### USA CATEGORY 3

#### WBGT MEASUREMENT AND RECORD

SCHOOL: \_\_\_\_\_

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

[illegible]

WBGT READING	ACTIVITY ZONES, ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0	0-Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
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 with a minimum duration of 4 min each.
87.0 – 90.0	2-Maximum practice time is 2 hours. <u>For 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 work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
90.1 – 92.0	3-Maximum length of practice is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 minutes of rest breaks distributed throughout the hour of practice.
OVER 92.0	4-NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.