

SCHOOL:

## ILLINOIS HIGH SCHOOL ASSOCIATION HEAT INDEX MEASUREMENT AND RECORD

SPORT:\_\_\_\_

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE

WBGT LEVELS	ACTIVITY ZONES & ACTIVITY GUIDELINES
UNDER 79.9	0- Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
80.0 – 84.5	1- Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 5 min each. Cold Water Immersion must be available.
84.6 – 87.5	2-Maximum practice time is 2 h. Contests may conclude if the temperature moves to orange mid-game with the required breaks provided. No new contests may be started if the temperature is in this range. For Football: 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. For All Sports: There must be 20 min of rest breaks distributed throughout each hour of practice. Cold Water Immersion must be available.
87.6 – 89.9	3-Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice. Cold Water Immersion must be available. Consider postponing games or practices until a cooler time of day
OVER 89.9	4- No outdoor workouts. Delay practice until a cooler WBGT is reached.  Table 1 (all temperature readings as measured by WBGT devise)