

What if there is a conflict between WBGT and “heat index” readings? For example, the “heat index” says it is ok to play but the WBGT says practice should be canceled.

Protocol for Determining the WBGT Temperature

For the purposes of establishing temperature activity restrictions, WBGT readings will be taken on three different surfaces at the school site—grass, turf, and tennis courts. Decisions about play will be made

school's of -site facility (ex. golf or cross-country), the WBGT temperature taken on the grass surface at the school will be used to determine temperature activity restrictions at the of -site location.

The athletic trainer will take WBGT readings thirty minutes prior to the start of a game or thirty minutes prior to the start of the day's activities. Once the initial reading is taken, WBGT readings will be taken at the time

Table 1 (see below) with an on-site WBGT reading for appropriate exercise modifications during all indoor and

Table 1

79.9 degrees F (GREEN ZONE)

a.



84.6-87.5 degrees F (ORANGE ZONE)

- a. Water should always be available and athletes should be able to take in as much water as they
 - b. Coaches and officials are encouraged to take a 10:00 break every 30:00 of training or competition.
exercise/training/competition.
 - e. If practicing, maximum of 2 hours of training/practice including all breaks from original start time
2. Contact sports and activities with additional protective equipment (in addition to the above measures)
 - a. For Practices: Protective equipment is removed when not necessary for safety (helmets, shoulder pads, or catching gear). Football and lacrosse are permitted a maximum of helmet, shoulder pads, and protective gloves. If additional equipment is necessary for safety, suspend activity.
 - b. For Contests: Helmets and other protective equipment removed if not involved in activity or
 3. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity.
-

87.6-89.9 degrees F (RED ZONE)

- a. Water should always be available and athletes should be able to take in as much water as they
 - b. Coaches and officials are encouraged to take a 10:00 break every 30:00 of training or competition.
exercise/training/competition.
 - e. If practicing, maximum of 1 hour of training/practice while temperature is in this range from the
2. Contact sports and activities with additional protective equipment (in addition to the above measures)
 - a. For Practices: Protective equipment is removed when not necessary for safety (helmets, shoulder pads, or catching gear). Football and lacrosse are permitted a maximum of helmet, shoulder pads, and protective gloves. If additional equipment is necessary for safety, suspend activity.
 - b. For Contests: Helmets and other protective equipment removed if not involved in activity or
 3. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions.
-

90 degrees F (BLACK ZONE)

- b. Cancel and/or postpone activity to cooler time of the day.