

[STATE HIGH SCHOOL ATHLETICS ASSOCIATION]
 Wet Bulb Globe Temperature Measurement and Record

Venue: _____

Date	Time	WBGT Reading	Activity Restriction (green, yellow, orange, red, black)	Activity Revision? (Y/N)	Name	Signature

**WBGT measurement should be taken every 15-30 minutes per venue*

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
Below 76°F	Normal activities. Provide at least 3 separate rest breaks each hour for a minimum duration of 3 minutes each during workout.
76.1-81.0°F	Use discretion for intense or prolonged exercise, and watch at-risk players carefully. Provide at least 3 separate rest breaks each hour for a minimum duration of 4 minutes each.
81.1-84.0°F	Maximum activity time is 2 hours. For equipment intensive sports: Players should be restricted to a helmet, shoulder pads, and shorts during activity; all protective equipment must be removed for conditioning activities. For all sports: Provide at least 4 separate rest breaks each hour for a minimum of 4 minutes each.
84.1-86.0°F	Maximum length of activity is 1 hour. No protective equipment may be worn during activity, and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of activity.
Above 86.1°F	No outdoor workouts. Cancel exercise, and delay activity until a cooler wet-bulb globe temperature reading occurs.
*if equipment modifications are necessary, no games should occur	

Guidelines for hydration and rest breaks:

- Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
- For sports that use helmets, helmets should be removed during rest time
- The site of the rest time should be a “cooling zone” and not in direct sunlight

When WBGT is above 84, ice water and towels should be available in the “cooling zone” to aid the cooling process. Cold-water immersion tubs should be available for the benefit of any player showing signs of heat illness.