

## HEAT GUIDELINES FOR OUTDOOR PRACTICES

LEVEL	FAHRENHEIT	CELSIUS WBT	PRACTICE HOURS	BREAKS	FLUIDS
1 – Very Low Risk	59 and <	15 and <	Reasonable	As Needed	As Desired
2 – Low Risk	60-64	16-17	Reasonable	5 Minute Break Every 30 Minutes	Cold Water
3 – Moderate Risk	65-72	18-22	Use Caution	5 Minute Break Every 30 Minutes	Cold Water
4 – High Risk	73-75	23-24	Use Caution	5 Minute Break Every 20 Minutes	Cold Water
5 – High Risk	76-78	24-25	Use Extreme Caution	Remove Helmet 5 Minute Break Every 15-20 Minutes	Cold Water
6 – Very High Risk	79-81	26-27	Practice Time Should Be Shortened With Low Intensity	No Helmet 5 Minute Break Every 10-15 Minutes	Cold Water
7 – Extremely High Risk	82 and >	28 and >	NO PRACTICE OUTDOORS	NO PRACTICE OUTDOORS	NO PRACTICE OUTDOORS

These guidelines are recommended for outdoor practices, scrimmages, and games throughout all seasons.

**National Athletic Trainers’ Association Position Statement: Exertional Heat Illness**

“If the WBGT is greater than 28C (82F), an athletic event should be delayed, rescheduled, or moved into an air-conditioned space, if possible. It is important to note that these measures are based on the risk of environmental stress for athletes wearing shorts and a T-Shirt; if an athlete is wearing additional clothing (e.g., football uniform, wetsuit, helmet), a lower WBGT value could result in comparable risk of environmental heat stress.”