

Saint Mary's Hall Heat Guidelines

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading should be utilized at each practice to ensure that the written policy is being followed properly. Table 1 is to be used as the primary guidelines. In the event that the WBGT cannot be accurately accessed, then Table 2 is to be used.

| Heat Policy and Guidelines with Wet Bulb Globe Temperature; Table 1 | |
|--|---|
| WBGT | ACTIVITY GUIDELINES AND REST BREAK GUIDELINES (Unlimited Water) |
| Under 82.0 | Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during workout. |
| 82.0 - 86.9 | Use discretion for intense or prolonged exercise; watch at-risk players carefully. Schedule mandatory rest / water breaks. (5 min water / rest break every 15 min). Schedule a minimum of 3 separate water breaks each hour with minimum 5 minute duration. |
| 87.0 - 89.9 | Maximum practice time is 2 h. For Football: Players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. ALL LEVELS/SPORTS – Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 10 min) Break will be in shade with pads off. Minimum 4 separate 5 minute rest breaks each hour |
| 90.0 - 92.0 | No protective equipment shall be worn. Maximum one hour practice outdoors. ALL LEVELS – Schedule frequent mandatory rest / water breaks. (5 min water/ rest break every 10 min)Break will be in shade with pads off. No conditioning. All sports on campus. There must be 20 min of rest breaks distributed throughout the hour of practice. |
| Over 92.1 | No outdoor workouts. Delay practice until a cooler WBGT level is reached. |

| Heat Policy and Guidelines with Heat Index; Table 2 | |
|--|---|
| Heat Index | ACTIVITY GUIDELINES AND REST BREAK GUIDELINES (Unlimited Water) |
| Below 90 F | Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during workout. |
| 91-99 F | Use discretion for intense or prolonged exercise; watch at-risk players carefully. Schedule mandatory rest / water breaks. (5 min water / rest break every 20min). Use discretion for intense or prolonged exercise; watch at-risk players carefully. Schedule mandatory rest / water breaks. (5 min water / rest break every 15 min). Schedule a minimum of 3 separate water breaks each hour with minimum 5 minute duration. |
| 100-104 F | Maximum practice time is 2 h. For Football: Players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. ALL LEVELS/SPORTS – Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 10 min) Break will be in shade with pads off. Minimum 4 separate 5 minute rest breaks each hour |
| 105 – 110 F | No protective equipment shall be worn. Maximum one hour practice outdoors. ALL LEVELS – Schedule frequent mandatory rest / water breaks. (5 min water/ rest break every 10 min)Break will be in shade with pads off. No conditioning. All sports on campus. There must be 20 min of rest breaks distributed throughout the hour of practice. |
| 111 F and Above | ALL LEVELS - NO WORKOUT OUTSIDE |