

MISD Heat Illness Prevention Guidelines

WBGT Reading °F	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
Under 82.0	Normal activities: Provide at least three separate rest breaks each hour of minimum 3 minutes each during the workouts
82.0-86.9	Use discretion for intense or prolonged exercise: Watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four-minute duration each
87.0-89.9	Maximum practice time is two hours: For football, players are restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports, provide at least four separate rest breaks each hour of a minimum of four minutes each
90.0-92.0	Maximum length of practice is one hour, no protective equipment, no conditioning: Helmets may be worn if they are removed when athlete is not actively participating in a drill. There must be 20 minutes of rest breaks provided during the hour of practice.
Over 92.1	No outdoor workouts: Cancel exercise, delay practices until a cooler WBGT reading occurs.

WBGT readings will be obtained using the Kestrel Heat Stress Tracker on the field in real time, or via the DTN WeatherSentry app when the Kestrel device is not available. If you are planning to practice or condition outside during periods of extreme heat, please contact the athletic trainers to find out what the WBGT reading is for your location.

*This policy is based on best practice evidence from the NATA, GHSA, American Medical Society for Sports Medicine, and the Korey Stringer Institute.