WBGT Reading	Level	Practice Hours	Activity and Break Guidelines
Under 82.0	Green	Resume normal activities	Provide at least three separate rest breaks each hour, each break is a minimum of 3 minutes.
82.0 - 86.9	Yellow	Use discretion for intense or prolonged exercise; watch at-risk players carefully	Provide at least three separate rest breaks each hour, each break is a minimum of 4 minutes.
87.0 - 89.9	Orange	Maximum practice time is two hours	**For football:** players 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, each break is a minimum of 4 minutes.
90.0 - 92.0	Red	Maximum practice time is one hour	No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice
Over 92.1	Black	No outdoor workouts	Cancel exercise; delay practices until a cool WBGT reading occurs