



Athletic Heat Illness Protocols

WetBulb Globe Temperature (WBGT): temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation).

Category 3	Outdoor Activity Guidelines
WBGT <82.0°F	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
WBGT 82.2°F - 86.9°F	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
WBGT 87.1°F - 90.0°F	Maximum outdoor practice time is 2 hours. Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each. For Football/Field Hockey: players are restricted to helmets, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing full pads without changing to shorts.
WBGT 90.1°F - 91.9°F	Contests are permitted with additional hydration breaks. Maximum outdoor practice time is 1 hour. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 minutes of rest breaks distributed throughout the hour of practice.
WBGT ≥92.1°F	No outdoor workouts/contests. Delay practice/competitions until a cooler WBGT is reached.