

## WET BULB REPORTING CHART

WET BULB GLOBAL TEMPERATURE READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0	Normal activities —Provide at least three separate rest
	breaks each hour of minimum duration of 3 minutes each
	during workout
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 minutes duration
	each.
87.0 – 89.9	Maximum practice time is <u>two hours</u> . 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 of a minimum of four
	minutes each
90.0—92.0	Maximum length of practice is <u>one hour</u> , <u>no protective</u>
	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	No outdoor workouts; Cancel exercise; delay practices until
	a cooler WBGT reading occurs

SCHOOL\_\_\_\_\_ACTIVITY\_\_\_\_\_RECORDER\_\_\_\_DATE\_\_\_

TIME	F-WBT	ACTION TAKEN