

2. Wet Bulb Globe Temperature (WBGT) considers the combined effects of air temperature, humidity, and solar radiation on the human body.

- a. A scientifically approved WBGT thermometer should be on site and utilized. Do not rely on local weather updates or weather apps as they do not provide an accurate reading for your specific venue.
- b. Readings should be taken directly on the playing surface 30 minutes before activity and taken every 30 minutes after. NOTE: Phone apps are not scientifically approved at this time.
- c. WBGT devices must be recalibrated every two years or earlier if recommended by the manufacturer.
- d. If WBGT is at 92.1 or above, suspend/postpone practice/competitions.
- e. **For Practice:**
 - i. WBGT should be accessed every 30 minutes beginning 30 minutes before the start of practice
 - ii. Once the WBGT reading has stayed in a range for 15 minutes, practice restrictions for that range are in place and cannot be lowered to a lower range.
 - iii. If the WBGT reading reaches a higher reading and stays in that reading for 15 minutes, practice restrictions are in place for the new range and cannot be lowered to a lower range. Time frames associated with the new category cannot be added cumulatively to have already occurred.
 - iv. There will be no outdoor activities when the WBGT is >92.1.
- f. **For competitions:**
 - i. During warmups, athletes must remove their helmets and shoulder pads when the WBGT >87.
 - ii. If WBGT is above 87.0 and below 92.1 at kick-off, there will be a mandatory hydration break at the 6-minute mark each quarter lasting three minutes. Players should remove their helmets and be given access to unlimited water.
 - iii. If the Wet bulb is over 92.1, postpone the competition until the wet bulb is below 92.1

3. Guidelines for the Modification of Athletic Competition in Hot or Humid Environments

WBGT 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 the 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 4 minutes duration each
87.0-89.9	Maximum practice time is two hours. For Football: players restricted to helmets, 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 4 minutes each
90.0-92.0	Maximum length of practice 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. Competitions involving high intensity effort, in which breaks are not possible (e.g. Cross Country meets), should be delayed until WBGT reading is below 90 or canceled.
Over 92.1	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

For swimming: The air temperature and water temperature when added together should not be less than 118°F or greater than 177.4°F

**Supported by 2023 USA swimming and USA Triathlon rules.*

4. Management of Heat Illness:

a. Exertional Heat Stroke

- i. All sports that participate outdoors should have immediate access (i.e. all supplies ready to use) to a cold immersion tub or other method that uses water (taco immersion technique) when the WBGT is 82 or greater. Cold water immersion should typically be available from May through October.
- ii. The primary goal of the management of EHS is to reduce core body temperature as quickly as possible. When exertional heat stroke is suspected, immediately initiate cooling, and then activate the emergency medical system. Remember "Cool First, Transport Second".
 1. Remove all equipment and excess clothing.