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| WBGT (ºF)  | Activity Guidelines  |
| <82.0 | **Normal activities – provide 2-3 rest breaks** |
| 82.0-86.9 | **Use discretion – for intense or prolonged exercise. Provide 3 or more**  **Separate rest breaks of minimum of 4-5 minutes each.** |
| 87.0-89.9 | **Maximum practice time = 2 hours.** **Football** – restricted to helmet, shoulder pads, & shorts for practice. All protective equipment removed for conditioning. **Other Sports** – provide 4 or more separate rest breaks for min 4-5 min |
| 90.0-92.0 | **Maximum length of practice = 1 hour** No protective equipment worn during practice & no conditioning  activities. Must be 20 minutes of rest breaks during hour of practice. |
| >92.1 | **Cancel exercise & outdoor workouts.** Delay practices until cooler WBGT readings occur. |

**AIR TEMP-** measure by a thermistor, doesn’t factor anything in except air temp

**HEAT INDEX**- value of perceived temp based on temperature and relative humidity

**WBGT**- measure of human stress resulting from combination of effects due to temperature, humidity, wind speed, and visible and radiant heat. Calculated from a weighted sum of natural wet bub temperature, globe temperature and dry bulb temperature.

Given by the Kestrel Heat Stress Tracker, handled by Hammond, Melson and Tice. Guidelines given above are from the Athletic Training, similar guidelines are given to the United States Army for training purposes.