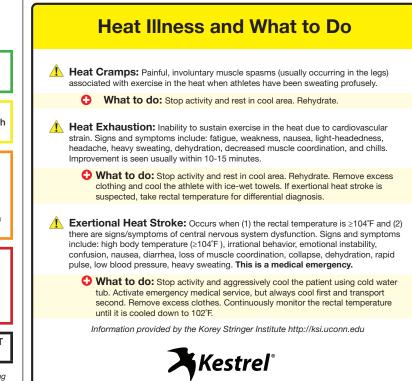
WBGT (°F)	Activity Guidelines And Rest Break Guidelines
Less than 82°F	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
32.1°F – 87.0°F	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
37.1°F – 90.0°F	Maximum practice time is 2 hours, For Football, Lacrosse and Field Hockey: All helmets and shoulder pads must be removed for practice and conditioning activities. If the WBGT rises to this level during practice, football players may continue to work out wearing football pants without changing into shorts. For All Sports: provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
90.1°F – 91.9°F	Maximum length of practice is 1 hour. For Football, Lacrosse and Field Hockey: No protective equipment may be worn during practice and there must be no conditioning activities. For All Sports: there must be no conditioning and there must be 20 minutes of rest breaks distributed throughout the hour of practice.
92°F or above	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.



## **!! WARNING!!**

These WBGT Reference Guidelines are summarized from published papers, policies, and position statements relating to preventing heat injury. These guidelines provide a reference as to danger zones but do not constitute or take the place of medical advice.

The Kestrel Heat Stress Tracker is an environmental meter, not a medical device, and must be employed correctly according to these instructions to ensure accurate readings. Always let the instrument equilibrate to the environment you are in.

These guidelines, and your Kestrel Heat Stress Tracker, must be employed with care and good judgment. Remember that certain individuals are more susceptible to exertional heat stress and may suffer injury before a Zone Threshold is reached. When in doubt, set your Zone Thresholds lower, reduce work time, and increase rest, hydration and access to shade. Have and practice a heat injury emergency action plan, ensure ready access to cooling equipment such as ice baths and chilled sheets, and always intervene when any individual appears disoriented, weak or ill.



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