

# NSAA Wet Bulb Globe Thermometer (WBGT) Heat Modification Guidelines

The NSAA Board of Directors approved the Wet Bulb Globe Thermometer (WBGT) as the recommended measurement practice and device for measuring acceptable heat / humidity levels for practices and contests. The use of WBGT is recommended throughout the calendar year when the ambient temperature is above 80 degrees.

Region 1	Region 2	Activity Guidelines
< 76.1	< 79.7	NORMAL ACTIVITIES 3 SEPARATE - 3 TO 5 MINUTE REST / WATER BREAKS PER HOUR
76.2 - 81	79.8 - 84.6	USE DISCRETION FOR INTENSE / PROLONGED PRACTICE 3 SEPARATE - 4 TO 6 MINUTE REST / WATER BREAKS PER HOUR MONITOR AT-RISK ATHLETES CLOSELY <a href="#">COLD WATER IMMERSION AVAILABLE</a>
81.1 - 84	84.7 - 87.6	MAXIMUM PRACTICE TIME IS 2 HOURS HELMETS AND SHOULDER PADS ONLY REMOVE HELMETS AND SHOULDER PADS IF CONDITIONING (FOOTBALL) 4 SEPARATE - 4 TO 6 MINUTE REST / WATER BREAKS PER HOUR MONITOR AT-RISK ATHLETES CLOSELY <a href="#">COLD WATER IMMERSION AVAILABLE</a>
		CONTESTS: PER NFHS RULES, IMPLEMENT ADDITIONAL/EXTENDED TIMEOUTS FOR REST / WATER BREAKS
84.1 - 86.1	87.7 - 89.7	MAXIMUM PRACTICE TIME IS 1 HOUR HELMETS AND SHOULDERS PADS PROHIBITED (FOOTBALL) NO CONDITIONING 4 SEPARATE - 5 TO 7 MINUTE REST / WATER BREAKS PER HOUR MONITOR AT-RISK ATHLETES CLOSELY <a href="#">COLD WATER IMMERSION AVAILABLE</a>
		CONTESTS: PER NFHS RULES, IMPLEMENT ADDITIONAL/EXTENDED TIMEOUTS FOR REST / WATER BREAKS CONTESTS: CONSIDER DELAYING / POSTPONING START TIMES
> 86.1	> 89.7	NO OUTDOOR ACTIVITIES CANCEL OR DELAY OUTDOOR PRACTICES / CONTESTS UNTIL LOWER WBGT IS RECORDED

**Additional Information:**

- PARTICIPANTS SHOULD ALWAYS HAVE UNRESTRICTED ACCESS TO WATER / FLUIDS
- WBGT SHOULD BE MEASURED EVERY 30 MINUTES
- INDIVIDUAL REACTIONS TO HEAT WILL VARY PER ATHLETE
- SCHOOLS SHOULD HAVE AN EXERTIONAL HEAT ILLNESS EMERGENCY ACTION PLAN
- AT RISK ATHELETES SHOULD ALWAYS BE MONITORED CLOSELY

**WBGT** is an all-inclusive measure of the heat stress in direct sunlight, which takes into account ambient temperature, humidity, sun angle, wind speed, cloud cover (solar radiation)