

# Jefferson City Schools Heat Index Wet Bulb Temperature Guidelines for Athletics

Wet bulb temperature will be determine by approved digital psychrometer

\*\* Indoor practices must adhere to the guidelines\*\*

Level	Heat Index WBT Fahrenheit	Heat Index WBT Celsius	Precautions and Practice Lengths	Breaks (work:rest ratio)	Fluids
1 White	< 64 <sup>0</sup>	< 17 <sup>0</sup>	Low Risk; Practice sessions reasonable	As Needed or 6 : 1	As Desired
2 Green	65 <sup>0</sup> – 72 <sup>0</sup>	18 <sup>0</sup> – 22 <sup>0</sup>	Moderate Risk; Use Caution for practice sessions and monitor on basis of risk factors	(4-6:1)	Cold Water
3 Yellow	73 <sup>0</sup> – 82 <sup>0</sup>	23 <sup>0</sup> – 28 <sup>0</sup>	High Risk; Use increased caution for practice sessions and consider practice lengths and intensity level	(2-3:1)	Cold Water
4 Red	82 <sup>0</sup> – 90 <sup>0</sup>	28 <sup>0</sup> – 32 <sup>0</sup>	Very High Risk; Consider rescheduling or delaying the event until safer conditions prevail; if the event must take place, be on high alert. Take steps to reduce risk factors (e.g., more and longer rest breaks, reduced practice time, reduced exercise intensity, access to shade, minimal clothing and equipment, cold tubs at practice site, etc.).	(1-2 :1)	Cold Water
5 Black	> 90 <sup>0</sup>	> 32 <sup>0</sup>	Extreme Risk; No Practice	No Practice	No Practice

\*\*Revised August 2010

\*Guidelines adopted from the National Federation of State High School Association recommendations for Heat Stress and Athletic Participation, United States Marine Corps Heat Index, and from the National Athletic Training Association Consensus Position Statement on Exertional Heat Illnesses