

American College of Sports Medicine Modification Guidelines for Wet Bulb Globe Thermometer

| WBGT Reading | Level | Practice Hours | Activity and Break Guidelines | Fluids |
|--------------|--------|---|---|-----------------------------|
| Under 82.0 | Green | Resume normal activities | Normal activities-Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout | Water or electrolyte drinks |
| 82.0 – 86.9 | Yellow | 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 four minutes duration each | Water or electrolyte drinks |
| 87.0 – 89.9 | Orange | Maximum practice time is two hours | For Football: players restricted to helmet, 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 four minutes each | Water or electrolyte drinks |
| 90.0 – 92.0 | Red | 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 | Water or electrolyte drinks |
| Over 92.1 | Black | No outdoor workouts | Cancel exercise; delay practices until a cooler WBGT reading occurs | Water or electrolyte drinks |