# Heat and Humidity Guidelines

1. **Wet-Bulb Globe Temperature (WBGT) Practice Guidelines**
   The NCISAA metric for measuring heat and humidity is the Wet-Bulb Globe Temperature reading. As a best practice, all member schools should apply the recommendations below.

| WBGT Reading | Athletic Activity/Rest Break Recommendations |
|---|---|
| Under 82.0°F | • Normal activities--Provide at least three separate rest breaks each hour for a minimum duration of three minutes each during workout. |
| 82.0°F-86.9°F | • Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour for a minimum of four minutes during each. |
| 87.0°F–89.9°F | • Maximum practice time is two hours.<br>• For Football: Players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities.<br>• For all sports: Provide at least four separate rest breaks each hour for a minimum of four minutes each. |
| 90.0°F-92.0°F | • 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. |
| Over 92.1°F | • No outdoor workouts<br>• Cancel exercise<br>• Delay practices until a cooler WBGT reading occurs |

   a. Administering and Recording Information:
      1. Administration:
         i. The Certified Athletic Trainer on staff will monitor conditions with the WBGT. In situations when an Athletic Trainer is not on site/available, the Athletic Director is responsible for identifying a secondary staff member who is trained on the proper procedures and consistently carries out established monitoring criteria.
      2. Data Logs:
         a. The following WBGT data should be recorded:
            i. WBGT Temperature

ii. Time (Prior to practice, every 30 minutes depending on environmental conditions.)
iii. Location
iv. Action Taken (if any)

3. The NCISAA has provided a sample log to use for this purpose. This log can be found under the Health & Safety tab of the NCISAA website.

b. Recommendations for hydration and rest breaks:
   i. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
   ii. For football, helmets should be removed during rest time.
   iii. The site of the rest time should be a "cooling zone" and not in direct sunlight.
   iv. When the WBGT reading is greater than 86°F (30°C):
      1. Ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process.
      2. Cold-immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.
   v. Pre and post-practice weigh-ins should be conducted if possible especially during the early part of the season. (NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice and counseled on the importance of re-hydrating.)

2. **Wet-Bulb Globe Temperature (WBGT) Game Guidelines**
   a. If the WBGT is above 92 a contest may continue. However, a pre-event meeting must be held between administrators, athletic trainers, officials, and coaches from both teams.
   b. The following actions should be taken and communicated to all those involved:
      i. Mandatory breaks as directed by the gameday administrator (i.e., water/rest breaks every 15 min).
      ii. Communicate the EAP for a heat emergency (i.e., location of readily accessible immersion bath, ice, and instrument to assess core temperature (rectal thermometer)).
   c. The following considerations should be evaluated and appropriate actions taken:
      i. Moving/delaying the contest to a time of day where conditions will be improved (i.e., evening).
      ii. The presence of trained medical personnel on site. If not, the event should be cancelled or postponed
      iii. Supplies readily accessible to assess core temperature (rectal thermometer) and provide rapid cooling on-site (plenty of ice and an immersion bath). If not, the event should be cancelled or postponed