GEORGIA HIGH SCHOOL ATHLETIC ASSOCIATION
HEAT INDEX MEASUREMENT AND RECORD

SCHOOL:_____ SPORT:_____

DATE	TIME	TEMPERTATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION???	SIGNATURE

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0 – 86.9	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 4 minutes duration each.
87.0 – 89.9	Maximum practice time is 2 hours. <u>For Football</u>: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level **during** practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u>: provide at least four separate rest breaks each hour of a minimum of 4 minutes each.
90.0 – 92.0	Maximum length of practice is 1 hour. <u>For Football</u>: no protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u>: there must be 20 minutes of rest breaks distributed throughout the hour of practice.
OVER 92	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

GUIDELINES FOR HYDRATION AND REST BREAKS:

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any acivity involved.
2. For football, helmets should be removed during rest time.
3. The site of the rest time should be a “cooling zone” and not in direct sunlight.
4. When the WGBT reading is over 86:
    a. Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process.
    b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.