WBGT (Wet Globe Bulb Temperature) Guidelines

ALERT	WBGT	CONDITIONS	PRACTICES/	GAMES
BLACK	More than 92.0°	Extreme Conditions	No outdoor workouts. Delay practice until cooler WBGT is reached.	2 Water breaks of 4 minutes each per half
RED	90.1 to 92.0°	High Risk for Heat Related Illness	1hr practice max. 20 mins of rest breaks throughout practice.	2 Water breaks of 2 minutes each per half
ORANGE	87.1 to 90.0°	Moderate Risk for Heat Related Illness	2hr practice max. 4 rest breaks/hour at least 4 mins each.	1 Water beak of 2 minutes per half
YELLOW	82.1 to 87.0°	Less than Ideal conditions	Use discretion. 3 separate rest breaks/hour at least 4 mins each.	Water breaks optional
GREEN	Less than 82.0°	Good conditions	No restrictions	No restrictions