

HOT WEATHER POLICY CHEAT SHEET



If ATs are present:

You will be notified of the current weather conditions and any practice/event modifications that need to be made via the Sport Club Officer GroupMe.

If ATs are NOT present:

Student staff, safety officers, or W&M Campus Recreation professional staff will reference the WBGT (Wet Bulb Globe Temperature) for their location via the Zelus app (using the USA WBGT CAT 3 Criteria) and the WBGT NATA Guidelines below.

- 1) At the beginning of the practice/event use the Zelus app to determine the WBGT temperature.
- 2) Reference the WBGT NATA Guidelines to determine the practice/event modifications or cancellations.
- 3) A safety officer or club officer should send their practice/event modifications or cancellations in the Sport Club Officer GroupMe.
- 4) Check the WBGT temperature halfway through practice to determine if any further modifications or cancellations need to be made.

Note: If a student staff member is not present, it is the safety officer's responsibility to check the heat index and enforce the practice modifications

Please note:

Student staff, safety officers, and/or W&M Campus Recreation professional staff members have the authority to enforce practice/game modifications based on heat, including cancelling the practice/game/event. In the case of a WBGT reading of 92.1 or above, all outdoor practices and events/competitions will be cancelled due to risk of heat illnesses.

IF HEAT ILLNESS IS SUSPECTED IN ANY PARTICIPANT, COOL THE PARTICIPANT HOWEVER POSSIBLE AND ACTIVATE EMS IMMEDIATELY.

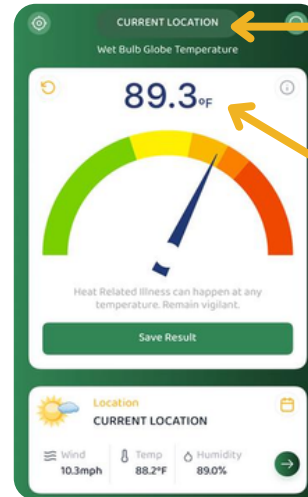
HOT WEATHER POLICY FLOWCHART

Check WBGT via the Zelus WBGT app.



Open the app to get the WBGT reading.
At the top of the screen, make sure
USA WBGT CAT 3 is selected in the drop down
and that the location is correct.

Look at the numbers below the drop down
for the WBGT reading.



Location

*If location is incorrect,
make sure location
services are enabled.*

WBGT Reading

Compare the
WBGT reading to the
WBGT Guideline chart and
make practice/event
modifications accordingly.

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

In the case of a WBGT reading of **92.1 or above**, all outdoor practices and events/competitions will be **cancelled due to risk of heat illnesses**.

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If the Zelus WBGT app is not working, use the heat index and the Heat Index Practice and Event Modifications Guidelines Chart to determine practice or event modifications.

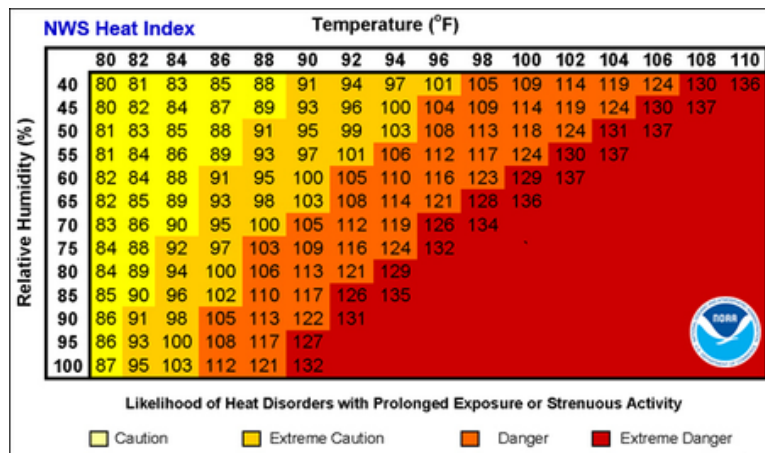
How to determine the heat index:

- 1) Use a weather app (WeatherBug) to determine the **temperature** and the **relative humidity**.
- 2) Using the heat index chart below and the numbers you just determined – Find the approximate temperature on the top row of the chart and the approximate relative humidity on the column to the left of the chart.

- 3) Drawing imaginary lines down and across from the temperature and the relative humidity respectively, the number where they overlap is your **current heat index**.

For example: If the temperature is 84 degrees F and the Relative Humidity is 81%, the heat index is 94.

- 4) Using the heat index that you've calculated, follow the Heat Index Practice and Event Modification Guidelines chart below to make the appropriate practice/event modifications.



Heat Index Practice and Event Modifications Guidelines

Heat Index	Practice Hours	Guidelines
Below 89 heat index	Use discretion for intense prolonged exercise	Provide at least 3 separate rest breaks each hour of at least 3 minutes during practice/event
90-94 heat index	Maximum practice/event length is 2 hours	Equipment intensive sports: Only helmet, should pads, and shorts allowed during practice. All protective equipment must be removed during conditioning activities. All sports: Provide at least 4 separate rest breaks each hour of practice/event for a minimum of 4 minutes each.
95-104 heat index	Maximum practice length is 1 hour	Equipment intensive sports: No protective equipment may be worn during practice (and no contact drills may take place). All sports: No conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
105 and above heat index	No outdoor practices/events	All practices/events cancelled due to risk of heat illness.

At all levels, encourage water and electrolyte drinks!