

Activity Modification Chart Regional Category 3 Guidelines – Grundstein

At the following WBGT readings the corresponding activity, hydration, and rest break guidelines apply:

RISK	WBGT*	MODIFICATIONS**
Minimal	Under 82° F	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
Low	82.0 – 86.9° F	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
Moderate	87.0 – 89.9° F	Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
High	90.0 – 92.0° F	Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.
Extreme	Over 92° F	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

* Category 3 from Grundstein

** Adapted from: Andrew Grundstein, Applied Geography, 2015 Regional Safety Thresholds for athletics in the Contiguous US

Reminder: the temperatures shown in the above table are WBGT temps, not ambient temperatures

Shaded areas should be made available for all athletes during rest/fluid breaks, unrestricted access to water should be allowed, and athletes should be allowed to remove equipment during breaks.