

Edgewood ISD Wet Bulb Global Temperature (WBGT) Guidelines for Outdoor Athletic Practice

Head Coaches must exercise good judgment when deciding whether to practice outdoors in extremely hot weather. The following guidelines have been established to provide a safe and healthy environment for our students participating in outdoor activities. It is the responsibility of all coaches to ensure these guidelines are followed.

WBGT < 82 (GREEN ZONE)

- No restrictions
- Normal practice allowed
- UIL: Provide at least **3** separate rest breaks each hour with a minimum duration of **3** minutes each during the workout.

WBGT 82–86.9 (YELLOW ZONE)

High School:

- Max workout: **3 hours**
- Breaks: **At least (3) separate rest breaks each hour (5 minutes)**

Middle School:

- Max workout: **2 hours**
- Breaks: **At least (3) separate rest breaks each hour (5 minutes)**

Modifications for all levels:

- Reduce intensity as needed
- Cross country: stay on campus, shorten runs
- Athletes may remove helmets when inactive
- **Unrestricted water access**
- Monitor athletes' post-practice (10 minutes)

WBGT 87–90.0 (ORANGE ZONE)

High School:

- Max workout: **2 hours**
- Breaks: **At least (4) separate rest breaks each hour (5 minutes)**

Middle School:

- Max workout: **1.5 hours**
- Breaks: **At least (4) separate rest breaks each hour (5 minutes)**

Modifications for all levels:

- **Football players are restricted to helmets, shoulder pads, and shorts**
- Conditioning $\leq$ **10 minutes only**
- Extra conditioning **canceled**
- MS conditioning $\rightarrow$ **indoors**
- Decrease reps for at-risk athletes
- Asthmatic athletes may remove themselves if needed
- Post-practice monitoring required (10 minutes)

WBGT 90.1–92 (RED ZONE)

High School:

- Max workout: **1 hour**
- Structured into:
 - **40 minutes of total workout time**
 - **At least (4) separate 5-minute rest breaks within the 1 hour**

Modifications:

- No protective equipment may be worn during practice
- Shorts and T-shirts only
- Conditioning $\rightarrow$ **indoors only**
- Breaks: **At least (4) separate 5-minute rest breaks within 1 hour**
- Reduce Reps and intensity

Middle School:

- **Move indoors**

WBGT $>$ 92.1 (BLACK ZONE)

NO OUTDOOR PRACTICE or delay practice until a cooler WBGT is reached

- Move indoors or reschedule
- No exceptions

MANDATORY: RAPID COOLING ZONE WHEN WBGT $\geq$ 82 per UIL:

Must have:

- Cold water immersion (tub or tarp)
- Ice + water ready
- Trained staff available

Examples:

- ✓ Ice towels
- ✓ Cold water immersion
- ✓ Ice bags (armpits/groin)
- ✓ Shaded areas

HYDRATION

- Water ALWAYS available
- No restriction on hydration
- No activity during breaks

MONITORING

- Use:
 - **Perry Weather**
 - **Kestrel Device**
- Readings:
 - 15 minutes before practice
 - Every 30 minutes during

The Wet Bulb Globe Temperature (WBGT) at the start of practice may change during the course of the activity. All practices will operate under the **most extreme (highest) WBGT conditions recorded during that practice period**. If the WBGT increases, practice duration and activity must be adjusted to comply with the more restrictive guidelines, including reducing practice time as necessary. However, if the WBGT decreases, practice time will **not** be extended beyond the original limits established at the start of practice.

Example:

If practice begins under a WBGT that allows for 2 hours of activity (Orange Zone), but conditions rise to a level that permits only 1 hour (Red Zone), practice must be shortened accordingly. If conditions later decrease, the practice time **will not** be extended back to the original 2-hour window.

South Texas is Class 3

When determining practice modifications use Class 3 ranges.

WBGT Activity Guidelines		
Class 3	Class 2	Activity Guidelines
< 82.0	<79.7	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0 - 86.9	79.7 - 84.6	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
87.0 - 90.0	84.7 - 87.6	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 min each. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
90.1 - 92.0	87.7 - 89.7	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 min of rest breaks distributed throughout the hour of practice. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
≥92.1	≥89.8	No outdoor workouts. Delay practices until a cooler WBGT is reached.

**Values in the above chart are WBGT measurements (not temperature or heat index measurements).*