



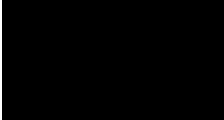


## PRACTICE POLICY FOR HEAT AND HUMIDITY

WBGT READING	Color Code	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 80.0		Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
80 - 84.9		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 four minutes duration each.
85 - 87.9		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. <b>(SHELLS ONLY - REMOVED for CONDITIONING)</b>
88 - 90.0		<b>Maximum length of practice is one hour, no protective equipment</b> may be worn during practice and there may be <b>no conditioning activities</b> . There must be 20 minutes of rest breaks provided during the hour of practice. (Walk-Through 1 Hour Practice with NO EQUIPMENT)
OVER 90.0		No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs. (NO USE OF INDOOR FACILITIES EITHER! ZOOM MEETINGS ONLY ALLOWED!)