

## WET BULB GUIDELINES FOR NORTHSIDE ISD ATHLETICS

Levels	WetBulb Reading	Activity Guidelines
LEVEL 1	<82.0 F	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during workout.
LEVEL 2	82.2 - 86.9 F	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
LEVEL 3	87.1 - 90.0 F	Maximum practice time is 2 hours <b>FOR FOOTBALL:</b> Players are restricted to helmets, 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. <b>FOR ALL SPORTS:</b> Provide at least four separate rest breaks each hour with a minimum of 4 minutes each. MANDATORY ONSITE RAPID COOLING ZONE AVAILABLE.
LEVEL 4	90.1 – 92.0 F	Maximum practice time is 1 hour <b>FOR FOOTBALL :</b> No Protective equipment shall be worn with <u>the exception of a helmet</u> during practice, and there will be NO conditioning activities. <b>FOR ALL SPORTS:</b> There must be 20 minutes of rest breaks distributed throughout the hour of practice. MANDATORY ONSITE RAPID COOLING ZONE AVAILABLE.
LEVEL 5	> 92.1 F	<b><u>NO OUTDOOR WORKOUTS.</u></b> DELAY PRACTICE UNTIL A COOLER WBGT IS REACHED