



CIF WET BULB GLOBE TEMPERATURE GUIDELINES

| Category 3 | Category 2 | Category 1 | Outdoor Activity Guidelines |
|---------------------------------|---------------------------------|---------------------------------|---|
| <82.0°F <27.8°C | <79.7°F <26.5°C | <76.1°F <24.5°C | Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout. |
| 82.2° – 86.9°F 27.9°– 30.5°C | 79.9° – 84.6°F 26.6°– 29.2°C | 76.3° – 81.0°F 24.6°– 27.2°C | Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each. |
| 87.1° – 90.0°F 30.6°– 32.2°C | 84.7° – 87.6°F 29.3°– 30.9°C | 81.1° – 84.0°F 27.3°– 28.9°C | Maximum outdoor practice time is 2 h. Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. For Football/Field Hockey : 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 |
| 90.1° – 91.9°F 32.2°– 33.3°C | 87.8° – 89.3°F 31.0°– 32.0°C | 84.2° – 86.0°F 29.0°– 30.0°C | Contests are permitted with additional hydration breaks. Maximum outdoor practice time is 1 hr. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 min of rest breaks distributed throughout the hour of practice. |
| ≥92.1°F ≥33.4°C | ≥89.8°F ≥32.1°C | ≥86.2°F ≥30.1°C | No outdoor workouts/contests. Delay practice/competitions until a cooler WBGT is reached. |