



# 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	<b>Normal Activities</b> - 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 <b>Football/Field Hockey</b> : 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 quipment may be worn during practice, and there may be no conditioning activities. There must be 20 min of rest breaks distrubuted 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.