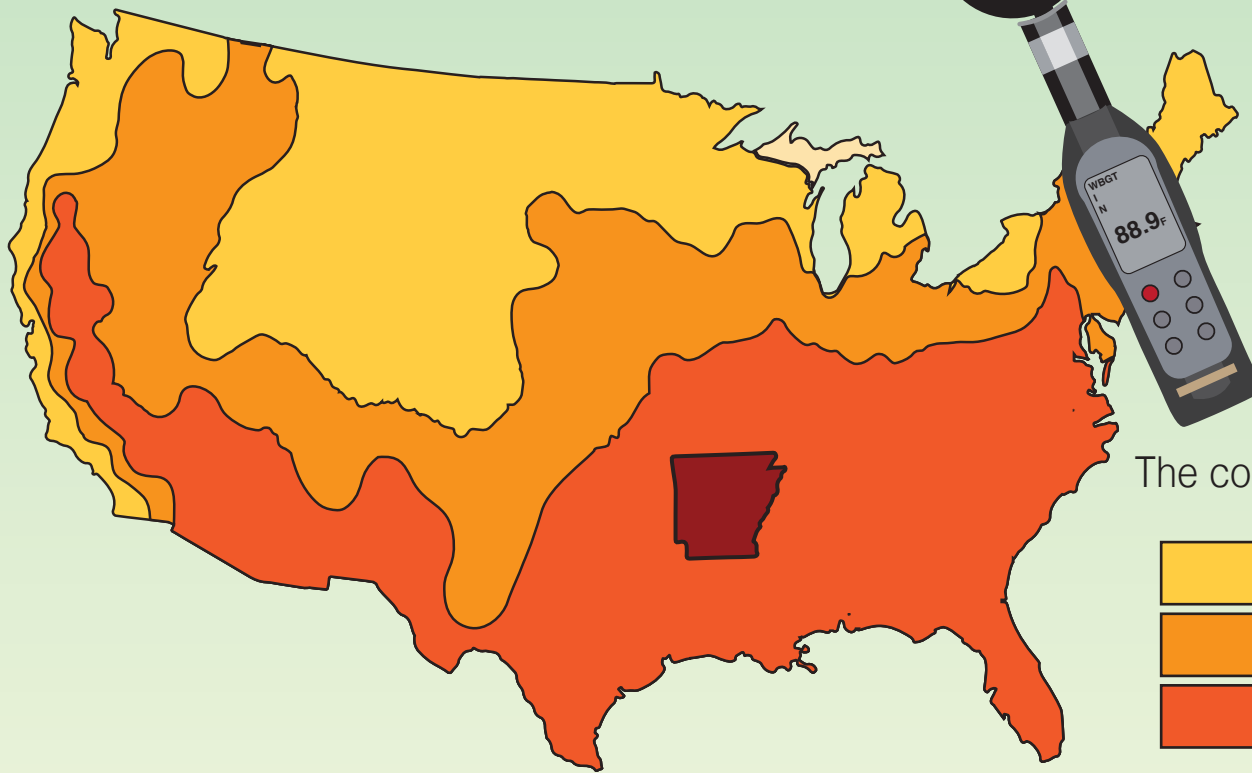


BEAT THE HEAT

Heat-Related Illnesses are Preventable

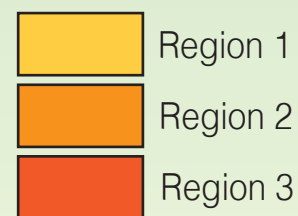
As summer temperatures rise, be prepared to monitor environmental conditions as required by the Arkansas Activities Association, AAA, for member schools.

In addition to the heat index (HX), athletic programs are using the wet bulb globe temperature (WBGT) as a safety measure to prevent heat-related illnesses.



Variable	WBGT	HX
Measured in the sun	●	●
Measured in the shade	●	●
Uses temperature	●	●
Uses relative humidity	●	●
Uses wind	●	●
Uses cloud cover	●	●
Uses sun angle	●	●

The continuous United States is divided into regions; Arkansas is in region 3.



The Arkansas Activities Association (AAA) requires schools to measure WBGT before and during outdoor activities. The following guidelines are recommended.

- Set up WBGT unit at least 15 minutes in advance.
- Set up unit at waist level of participants.
- Take an average reading for 10-15 seconds.
- Repeat readings every 15-30 minutes.

WBGT under 82.0	Normal activities. Provide separate rest breaks each hour of practice. Breaks should equal 10 minutes per hour.
WBGT 82.0 – 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least 3 separate rest breaks for each hour, for a minimum of 4 minutes in duration for each.
WBGT 87.0 – 89.9	Maximum length of participation within this range is 2 hours . Football: players restricted to helmet, shoulder pads, and shorts during practice. Protective equipment must be removed for conditioning activities. All sports: there must be 20 minutes of rest breaks distributed throughout the hour of participation.
WBGT 90.0 – 92.0	Maximum length of participation within this range is 1 hour . Football: no protective equipment may be worn. No conditioning activities. All sports: there must be 30 minutes of rest breaks distributed throughout the hour of participation.
WBGT over 92.0	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

