

WBGT (°F)	Activity Guidelines	Rest Break Guidelines
Green <82	Normal Activities	3+ breaks per hour, minimum 3 min each
Yellow 81.1 - 86.9	Use Discretion	20-30 min rehearsal, 5-10 min break
Orange 87.0 - 89.9	Caution	15 min rehearsal, 5 minute break
Red 90.0 - 91.9	Extreme Caution, Frequent Breaks	10 min rehearsal, 5-10 min break. Max 90 min total until 30 min break
Black >92.0	Dangerously Hot. Outdoors only if necessary, consider canceling or delaying.	5 min rehearsal, 5-10 min break. Max 45 min total until 30 min break
***Gush and go's" only supplement the minimum amount of breaks and do not replace a break**		
Source: NATA Position Statement: Exertional Heat Illness, Journal of Athletic Training Vol 50, No 9. 2015, Table 5		
Source: WBGT Guidelines, www.heatstress.com		