

ROBERT CROWN TURF ATHLETIC FIELDS

Extreme Heat Participation Guidelines

Below you will find the recommended guidelines and procedures for conducting, suspending or canceling practices and competitions as it relates to extreme heat conditions. Following the recommended guidelines can reduce the risk and incidents associated with extreme heat conditions. Individual organizations can create stricter guidelines for their program, but should follow these guidelines at a minimum.

The **Wet Bulb Globe Temperature (WBGT)** is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas.

WBGT <80.0	<ul style="list-style-type: none"> • Field is open and available for play (Green) • Allow fluids as needed • No suggested modification in activity • Low risk for heat related illness
WBGT <80-84.9	<ul style="list-style-type: none"> • Field is open and available for play (Green) • Frequent hydration of athletes and scheduled 5 minute break every 25-30 minutes of activity • Low/Moderate risk for heat related illness
WBGT <85-87.9	<ul style="list-style-type: none"> • Field is open and available for play, however use caution (Yellow) • Frequent hydration of athletes and scheduled 5 minute break every 15-20 minutes of activity • Moderate risk for heat related illness
WBGT <88-89.9	<ul style="list-style-type: none"> • Field is open and available for play, however use extreme caution (Yellow) • Continuous hydration of athletes and scheduled 5 minute break every 10-15 minutes of activity • Consider no protective equipment and changing of practice time • High risk for heat related illness
WBGT 90.0+	<ul style="list-style-type: none"> • Field is closed and not available for play (Red)

