



CARROLL COUNTY RECREATION DEPARTMENT

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HEAT AND HUMIDITY POLICY

*Carroll Co Recreation Department will follow the Heat and Humidity policy for conducting practices and voluntary conditioning workouts (this policy is year-round, including during the summer) in all sports during times of extremely high heat and/or humidity. A scientifically approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice to ensure that the written policy is being followed properly.

WBGT readings will be taken an hour before each practice. *

WBGT ACTIVITY GUIDELINES AND REST BREAK GUIDELINES

- **Under 82.0 Normal Activities** - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
- **82.0 - 86.9** - Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
- **87.0 - 89.9** - Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
- **90.0 - 92.0** - Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.
- **Over 92.0** - No outdoor workouts. Delay practice until a cooler WBGT level is reached.

***Coaches /parents will be contacted (via email, social media or website) if WBGT rises to 87 or above to instruct them on proper attire and practice restrictions that have been enforced for that day. ***