

# WET-BULB GLOBE TEMPERATURE

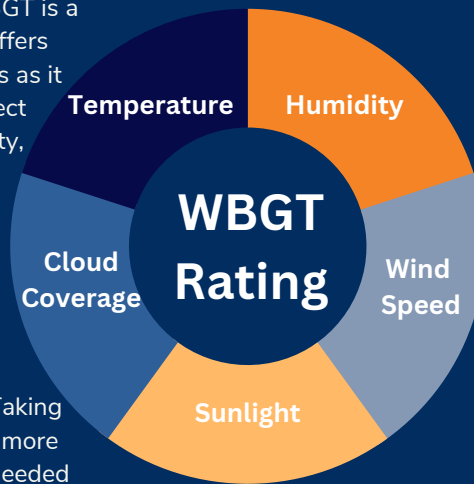
The IHSA By-Laws & Policies outline the procedure for handling excessive heat to align with the Wet Bulb Globe Temperature categories.



## TIPS TO STAY SAFE

### WHAT IS THE WET BULB GLOBE TEMPERATURE? AND WHY DO WE USE IT?

The Wet Bulb Globe, also known as WBGT is a Measurement of HEAT STRESS. This differs from other temperature and heat indexes as it significantly considers the impact of direct sunlight along with temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). A reading of all these factors simultaneously makes up the WBGT rating at a specific time.



All of these factors effect athletes practicing and competing outdoors or in environments without air conditioning. Taking a measurement of these factors gives a more accurate understanding of precautions needed to stay safe.

### WHO USES THE WBGT? MILITARY AGENCIES, OHSA, OUTDOOR INDUSTRY WORKERS, PROFESSIONAL AND HIGH SCHOOL ATHLETICS. OF COURSE, THE IHSA TOO.

This specific measurement isn't something your local weatherman or even weather app on your phone will tell you; however, athletic trainers & other professionals connected to your team will have the proper equipment to get this reading. What you should know is what these reading mean so when they are given to you, you know what to do:

**BELOW 80 DOES NOT CALL FOR RESTRICTIONS**  
Normal Activities  
Considered a healthy environment for athletes

**DISCRETION NEEDED FOR INTENSE & PROLONGED EXERCISE**  
Frequent & regular water breaks are needed

**MAXIMUM PRACTICE TIME OF 2 HOURS**  
20 minutes breaks are required throughout each hour of practice  
No new contest can begin

**MAXIMUM PRACTICE TIME OF 1 HOUR**  
20 minutes breaks are required throughout the hour  
No protective equipment may be used and no conditioning may take place

**NO OUTDOOR PRACTICES, WORKOUTS OR COMPETITIONS**  
Cancel, delay, and/or reschedule all outdoor events

### 1. DRINK LOTS OF WATER

Make sure to drink water before, during and after any activities

### 2. ADD ELECTROLYTES

Electrolytes help to hydrate the body and balance fluids in your body. Try drinks like Gatorade, Pedialyte, Liquid IV, and other drink with added electrolytes.

But remember, these do not replace water. Always drink water!

### 3. LISTEN TO YOUR BODY

No one knows how you're feeling better than you do! If you are starting to feel like you need a break or to cool down, say sometime and do it. Player safety always comes first.

### 4. WATCH FOR SYMPTOMS OF HEAT STRESS

Signs of heat stress are:

- Confusion/Irritability
- Headache
- Dizziness
- Weakness/cramping
- Elevated body temp. & excessive sweating
- Decreased urine output

### 5. LISTEN FOR CHANGES

Make sure to check emails, socials, texts, & website notifications for changes in practice and game schedules to accommodate for safer activity times.

### 6. LEARN MORE

Use the IHSA Sports Medicine webpage resource to find out more!

Sources:

IHSA. (2023). Managing heat and heat illness - Illinois high school association. IHSA Policies.

CDC. (2022, May 13). Heat stress related illness. Centers for Disease Control and Prevention. <https://www.CDC.gov/HeatStressandHeadIllness>

US National Weather Service (2019, January, 24). Wetbulb Globe Temperature. WetBulb Globe Temperature. <https://www.weather.gov/tsa/wbgt>