**Temple Recreation Department**

240 ROME STREET TEMPLE, GA 30179

 O: 770-562-3848 [www.templega.us/recreation](http://www.templega.us/recreation)

**HEAT AND HUMIDITY POLICY**

Temple Recreation Department will follow this Heat and Humidity policy year-round while conducting practices and voluntary conditioning workouts in sports during times of extremely high heat and humidity. The Wet Bulb Globe Temperature (WBGT), a scientifically approved instrument will be used an hour before at each practice to ensure that the written policy is followed.

**WGBT ACTIVITY AND REST BREAK GUIDELINES**

* **81.9 – Normal Activity** – Provide three separate rest breaks each hour with a 3-minute minimum during the workout.
* **82.0 – 86.9** – Use discretion for intense or prolonged exercise; designate a coach to monitor at-risk players. Provide three separate rest breaks each hour with a 3-minute minimum during the workout.
* **87 – 89.9** – The maximum practice time is two hours. Provide at least four separate rest breaks each hour with a 5-minute minimum during the practice. Football: Players are restricted to helmet and football pants. No shoulder pads! All protective gear must be removed during all activities. If the WGBT rises to this level during practice, players may continue to work out wearing their equipment.
* **90.9 – 92.0** – The maximum practice time is one hour. For **all sports**, there must be a 10-minute minimum of breaks spread out during the practice. For **Baseball**, no protective equipment may be worn during practice, AND no conditioning activities. No catcher’s equipment, shoulder pads, or helmet. For **Football**, no protective equipment may be worn during practice, i.e., football pants only.
* **92.1 or Above** – No outdoor practices or workouts. All outdoor activities will be cancelled.

**Coaches will be contacted first, who will in turn contact all parents, if the WGBT rises to 87 or above, providing instructions on proper attire and practice restrictions that will be enforced for the day. Additional notifications will be made via social media.**