

[illegible]

Wet Bulb Temperature Guidelines

Level	Fahrenheit (WBT)	Practice Hours	Breaks	Fluids
1 Very Low Risk	59° and lower	Reasonable	As Needed	As Desired
2 Moderate Risk	60° - 72°	Use Caution	5 minute breaks every 20-30 minutes	Cold Water
3 High Risk	73° - 78°	Use Extreme Caution	Remove Helmet 5 minute breaks every 15-20 minutes	Cold Water
4 Very High Risk	79° - 81°	Practice Time Should Be Shortened with Low Intensity	Helmets Only 5 Minute Break every 10-15 minutes	Cold Water
5 Extremely High Risk	82° and higher	No outdoor practice	No outdoor practice	Normal