



Warrior Recreation Department

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Heat Guidelines

The Warrior Recreation Department has implemented the following guidelines to deal with extreme heat at all outdoor youth sporting events and practices. The two values that the Warrior Recreation Department will consider when modifying or canceling games or practices are air temperature and relative humidity. The combination of these two elements (and many more) reflects the wet bulb globe temperature (WBGT). We will rely on the WBGT reading that is provided at weatherbug.com. We have also included relative heat index values in case you have trouble finding the WBGT.

<https://www.weatherbug.com/life/outdoor-sports/>

The Warrior Recreation Department has defined four zones. These zones are based on recommended guidelines published by the Iowa High School Athletic Association for participation in outdoor sporting activities during periods of extreme heat.

Green Zone - WBGT below 79 (heat index below 82)

The participant is in very little danger from heat and no special measures will be taken.

Yellow Zone - WBGT between 79 - 84 (heat index between 82 - 90)

Coaches will be encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices.

Orange Zone - WBGT between 84 - 88 (heat index between 90 - 97)

All measures from the yellow zone will be followed in addition to practices not exceeding one hour. Contests will implement additional/extended timeouts for rest, hydration and shade or could potentially be delayed or postponed.

Red Zone - WBGT above 88 (heat index above 97)

All practices and contests are to be delayed or canceled until the WBGT returns to below 88.

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