



## **MYFL WET BULB GLOBE TEMPERATURE GUIDELINES**

<b>LEVEL</b>	<b>NON-ACCLIMATED WBGT (1-14 days)</b>	<b>ACCLIMATED WBGT (Over 14 days)</b>	<b>PRACTICE HOURS</b>	<b>BREAKS</b>
1 Low Risk	66.9° and Lower	69.9° and Lower	Reasonable	-As Needed - 5 minute break every 20-30 minutes
2 Moderate Risk	67°-75.9°	70°-78.9°	Use Caution	- 5 minute break every 20 minutes
3 High Risk	76°-81.9°	79°-84.9°	Use Caution	-Remove helmets - 5 minute break every 20 minutes
4 Very High Risk	82°-84.9°	85°-87.9°	Practice time should be shortened with low intensity <b>Helmets Only</b>	5 minutes break every 10-15 minutes
5 Extremely High Risk	85° and Higher	88° and Higher	<b>NO PRACTICE</b>	<b>NO PRACTICE</b>