



	Cat. 3	Cat. 2	Cat. 1
<p><b>Normal Activities</b> At least three rest breaks each hour. Minimum 3 minutes per break.</p>	< 82°	< 79.7°	< 76.1°
<p><b>Use Discretion</b> At least three rest breaks each hour. Minimum 4 minutes per break.</p>	82.2° -86.9°	79.9° -84.6°	76.3° -81.0°
<p><b>2 Hrs Practice Max</b> Limit football to pads, helmets &amp; shorts. At least four rest breaks each hour. Minimum 4 minutes per break.</p>	87.1° -90.0°	84.7° -87.6°	81.1° -84.0°
<p><b>1 Hr Practice Max</b> No equipment &amp; no conditioning. 20 minutes total of rest breaks.</p>	90.1° -91.9°	87.8° -89.6°	84.2° -86.0°
<p><b>No Outdoor Workouts</b> Delay practice until a cooler WBGT is reached.</p>	≥ 92°	≥ 89.8°	≥ 86.2°