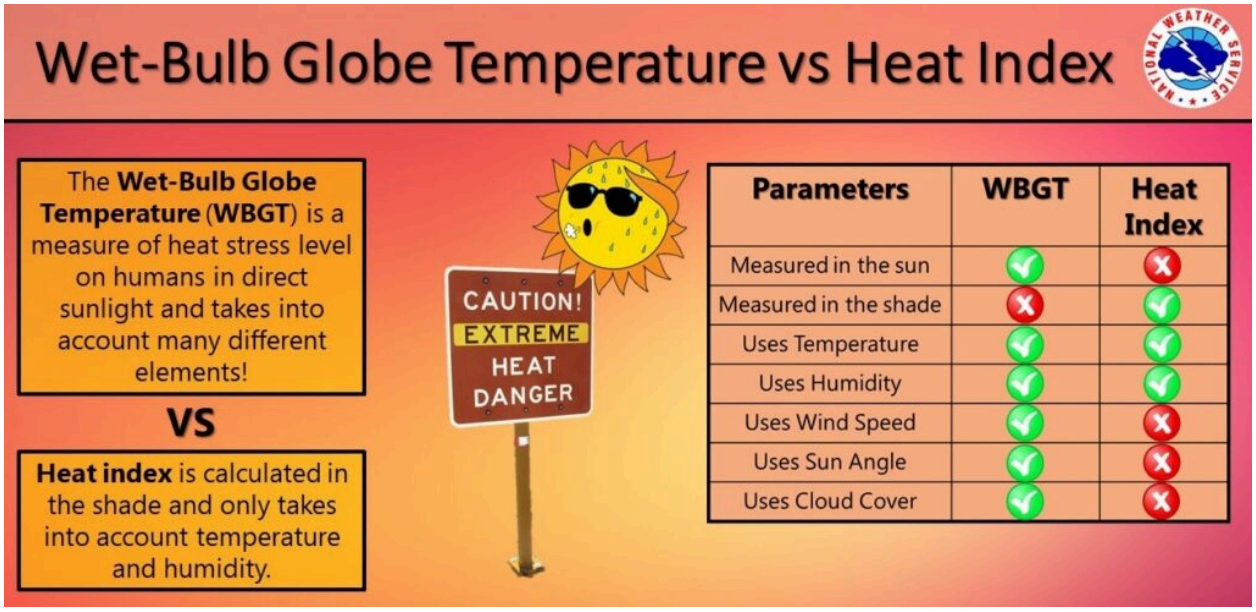
TAPPS Requirements and Guidelines for Wet Bulb Globe Temperature (WBGT)

Wet Bulb Globe Temperature (WBGT)

TAPPS transitioned from using Heat Index measurements as the standard for evaluating heat-related safety conditions to the use of Wet Bulb Globe Temperature (WBGT) measurements beginning with fall sports for the 2026-27 school year.

Wet Bulb Globe Temperature Measurements Compared to Heat Index

Unlike traditional heat index measurements which only evaluate temperature and humidity, WBGT also considers cloud cover, wind speed, and sun angle. This provides a more complete evaluation of weather conditions and how they may impact athlete health. Wet Bulb Globe Test measurements have been adopted by over 35 states nationwide, including all southern climate states.



Wet Bulb Globe Temperature Guidelines Chart

TAPPS follows the Wet Bulb Globe Temperature Activity Guidelines established by The American College of Sports Medicine. These guidelines are similar to precautions many TAPPS schools had in place for heat index or ”feels like” temperatures. Wet Bulb Globe Test measurements allow these precautions to be fine tuned to the actual weather conditions more than traditional heat index guidelines.

An additional requirement is to have immediate access to a rapid cooling zone should an athlete have a heat emergency. This can be a cold water tank, a tarp filled with ice, cold shower, or similar equipment capable of immersing a student in cold water any time the wet bulb globe temperature reaches 82.0 or above.

America College of Sports Medicine WBGT Guidelines	
Class 3	**Activity Guidelines**
<82.0	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of three minutes each.
82.0 - 86.9	Use discretion for intense or prolonged exercise. Provide at least three separate rest breaks each hour with a minimum of four minutes each. **Mandatory immediate access to rapid cooling zone, including tub, tarp, shower, or similar equipment.**
87.0 - 90.0	Maximum practice time is two hours. **For Football:** Players are restricted to helmets, shoulder pads and shorts. If the WBGT rises to this level during practice, players may continue the practice in pants. **For All Sports:** Provide at least four rest breaks each hour with a minimum duration of four minutes each. **Mandatory immediate access to rapid cooling zone, including tub, tarp, shower, or similar equipment.**
90.1-92.0	Maximum practice time is one hour. **For Football:** No protective equipment may be worn during practice and no conditioning activities. **For All Sports:** There must be 20 minutes of rest breaks distributed throughout the hour. **Mandatory immediate access to rapid cooling zone, including tub, tarp, shower, or similar equipment.**
>92.0	No outdoor workouts.
Values above are WBGT measurements that do not equate to temperature or heat index measurements.	

Tools to Measure Wet Bulb Globe Temperature

Wet Bulb Globe Temperature can be measured with a hand held thermometer or by using any of a number of weather apps that include WBGT. Some forecast Wet Bulb Globe temperatures up to a week out, which can help with practice planning.

Gameday Modifications For High Wet Bulb Globe Measurements

TAPPS does not limit competitions based on the Wet Bulb Globe Measurements guidelines that apply to practices. Instead, the athletic leadership at member schools are allowed to monitor WBGT readings and make appropriate modifications to account for high WBGT conditions.

Below are acceptable modifications to address high WBGT. Any change must be agreed upon by all schools involved and the officials prior to the start of the competition. Other adjustments may be made if mutually agreed upon between opponents. Regardless of any modifications made, all contests played with a WBGT of 82 or higher must have a rapid cooling zone on site and available at all times to allow for full body, rapid cooling of athletes experiencing heat illness.

- Adjusting start times when high WBGT are expected.
- Reschedule contests during extreme conditions. In football the rule requiring five days between games would still apply.
- Adding official timeouts for hydration and rest halfway through each period.
- In football, “slow rolling out” after a change of possession or score to allow for greater rest and hydration.
- Lengthening halftimes to allow for more complete cool down and rehydration.
- Providing teams waiting to warm-up access to air conditioned gyms or locker rooms until organized warm-ups begin.
- Shade structures on sidelines as allowed at the facility.
- For sub-varsity contests, reduce the length of quarters if agreed upon by both schools.