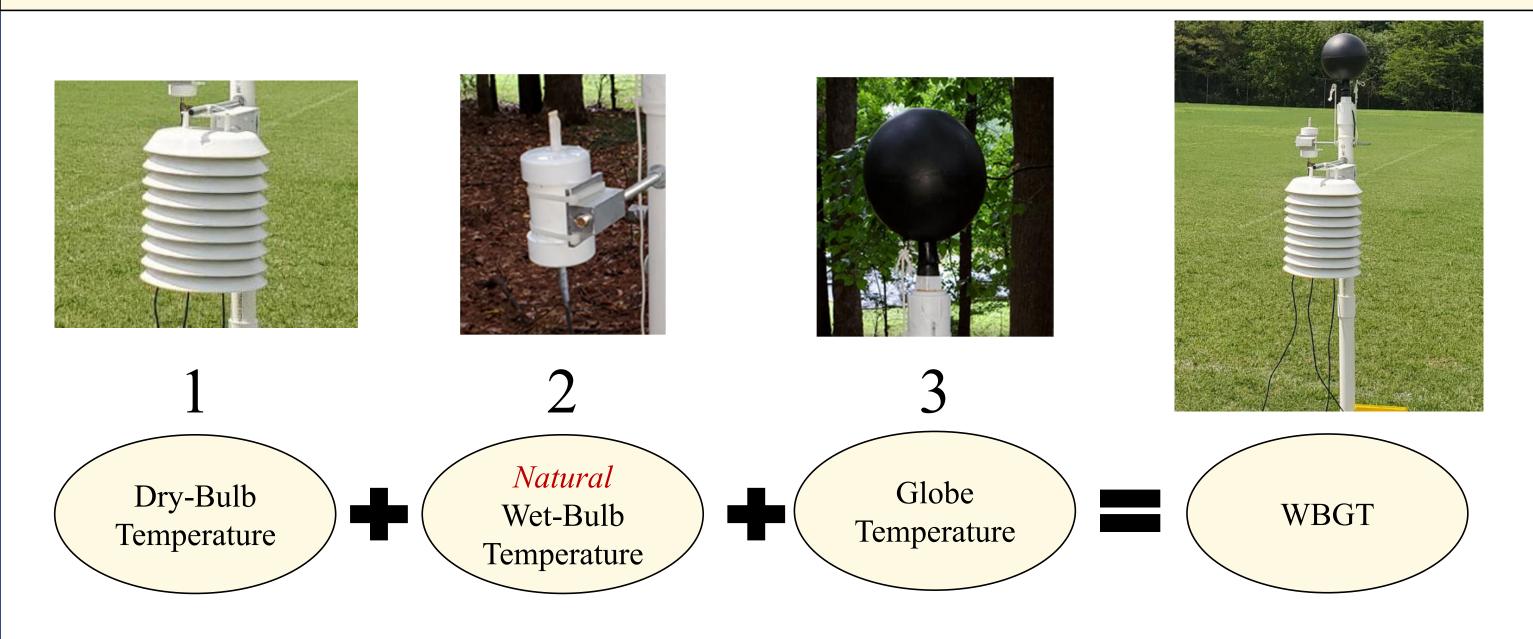


Background: WBGT



WBGT = 0.1 * DB + 0.7 * NWB + 0.2 * GT

Background: WBGT

WBGT Activity Guidelines and Rest/Break Guidelines for Athletes

Heat Category	WBGT Index (F)	Activity Guidelines
No Flag	Under 80	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest/water breaks. (5 min rest/water break every 30 min)
Low (Green Flag)	80-84.9	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest/water breaks (5 min water/rest break every 25 min)
Moderate (Yellow Flag)	85-87.9	New or unconditioned athletes should have reduced intensity practice and modifications in clothing. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest/water breaks. (5 min rest/water break every 20 min) Have cold or ice immersion pool on site for practice.
High (Red Flag)	88-89.9	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest/water breaks. (5 min rest/water break every 15 min) Have cold or ice immersion pool on site for practice.
Extreme (Black Flag)	Over 90	SUSPEND PRACTICE

In some states, this is 92° (e.g., GA, SC)

Source: North Carolina High School Athletic Association

Field Work Design

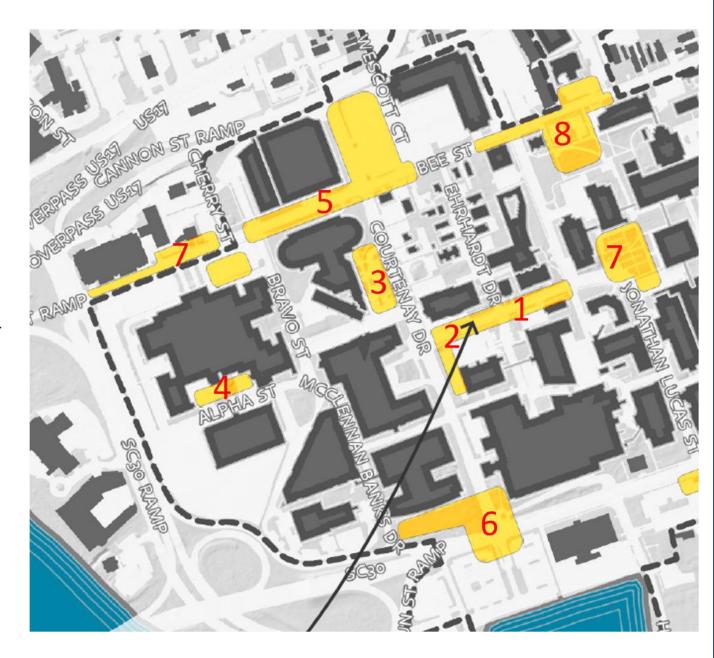
- 1. Sampling different microclimates within district
 - Respite areas, outdoor workers, transit
- 2. Recruited volunteers from surrounding universities to measure WBGT with Kestrel 5400s
- 3. Volunteers also recorded skin temperature and pictures of cloud cover



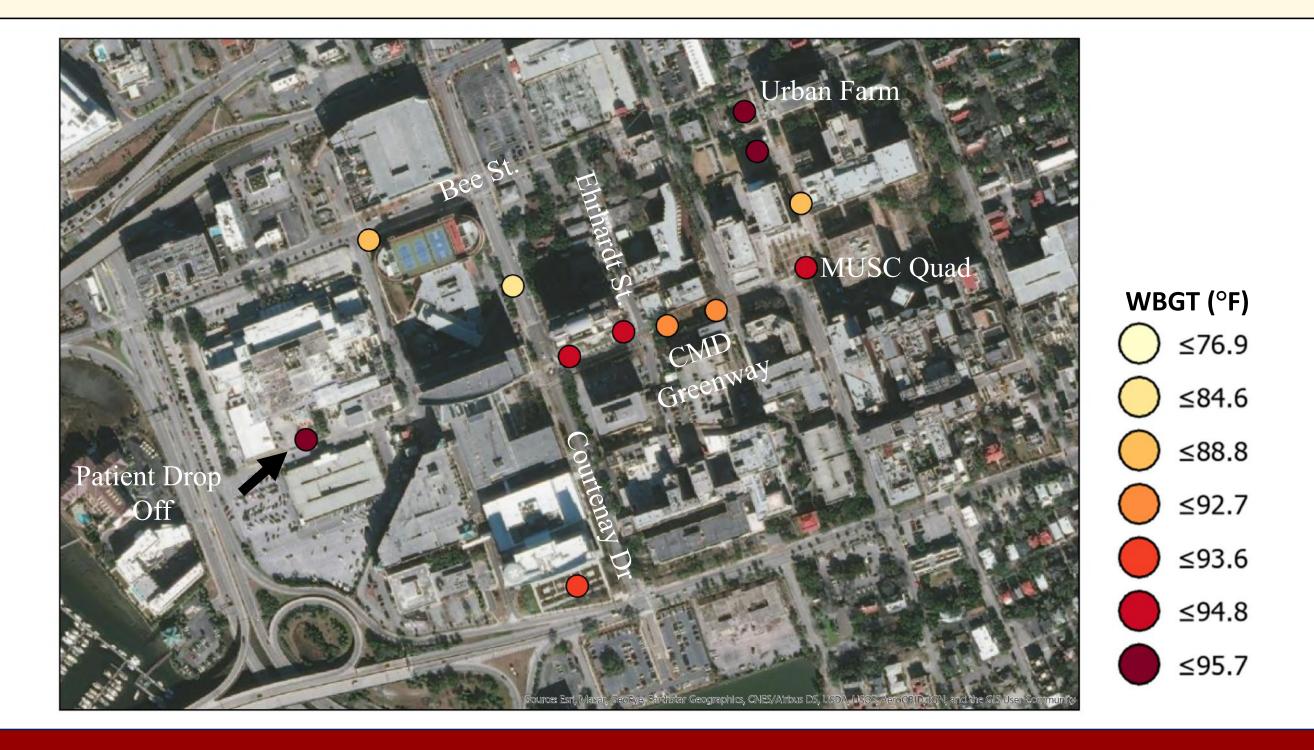
Field Work Locations

Respite areas, outdoor workers, transit

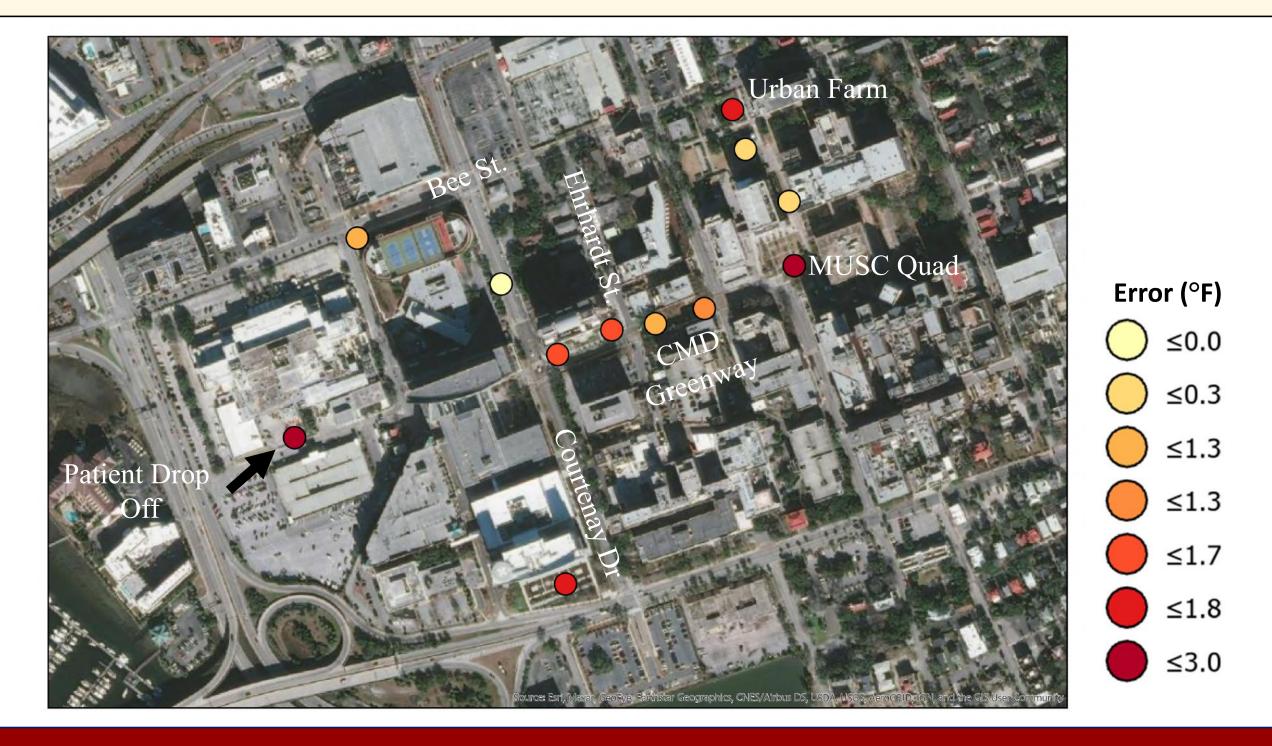
- 1. CMD Greenway
- 2. Sitting Area
- 3. Future bus stop
- 4. Hospital patient drop off/waiting area
- 5. Bravo/Bee St. Intersection
- 6. Children's hospital garden
- 7. MUSC Quad
- 8. Urban Farm



Max WBGT at each location



Average WBGT Forecast Error (Absolute)



Max Skin (Surface) Temperature

