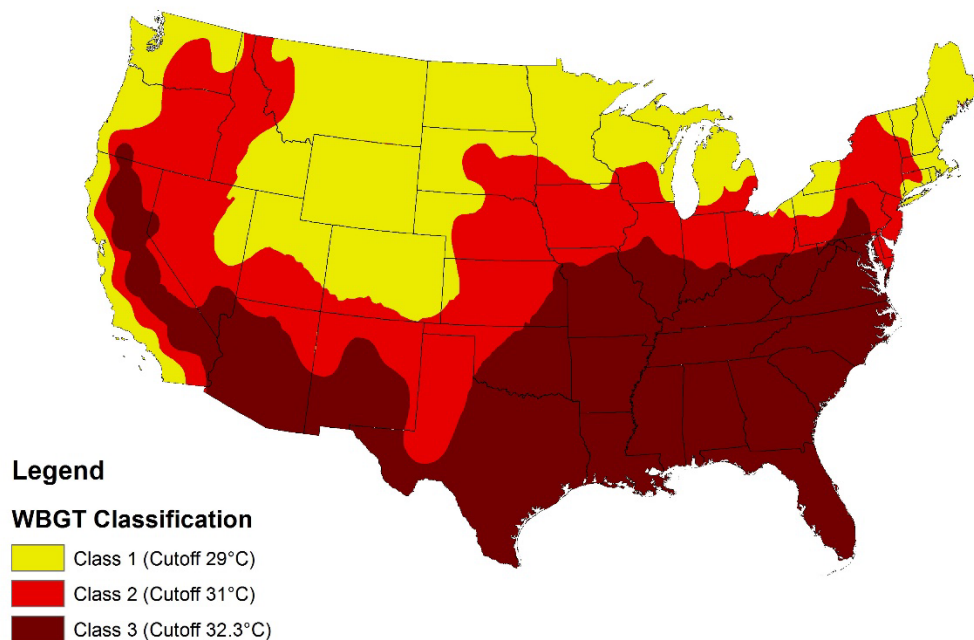


WBGT by Region (F)			Event Conditions	Recommended Actions & Breaks
Cat 1	Cat 2	Cat 3		
<76.1	<79.8	<82.1	Good conditions	<ul style="list-style-type: none"> <li>• Normal activities</li> <li>• 3 separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes</li> </ul>
76.2-81.0	79.9-84.6	82.2-87.0	Less than ideal conditions	<ul style="list-style-type: none"> <li>• 3 separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training</li> </ul>
81.1-84.1	84.7-87.7	87.1-90.0	Moderate risk for heat related illness	<ul style="list-style-type: none"> <li>• Maximum of 2 hours of training with 4 separate 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training</li> </ul>
84.2-86.1	87.8-89.7	90.1-91.9	High risk for heat related illness	<ul style="list-style-type: none"> <li>• Maximum of 1 hour of training with 4 separate 4 minute breaks within the hour</li> <li>• No additional conditioning allowed.</li> </ul>
>86.2	>89.8	>92.0	Extreme conditions	<ul style="list-style-type: none"> <li>• No outdoor training, delay training until cooler, or cancel training</li> </ul>
United States Soccer and the Korey Stringer Institute Guidelines				

### 90th Percentile Classification for WBGT Average Summer Values 1991-2005



**Region Lookup:** <http://www.castlewilliams.com/wbgt-regions.html>

Grundstein, A., Williams, C.A., Phan, M.D., Cooper, E., (2015) Regional heat safety thresholds for athletics in the contiguous United States. *Applied Geography*, 56, 55-60.

doi: <http://dx.doi.org/10.1016/j.apgeog.2014.10.014>