

Wet Bulb Globe Temperature Risk Chart

WBGT	Flag Color	Level of Risk	Comments
<18°C (<65°F)	Green	Low	Risk low but still exists on the basis of risk factors
18°-23°C (65°-73°F)	Yellow	Moderate	Risk level increases as event progresses through the day
23°-28°C (73°-82°F)	Red	High	Everyone should be aware of injury potential; individuals at risk should not compete
>28°C (>82°F)	Black	Extreme or hazardous	Consider rescheduling or delaying the event until safer conditions prevail; if the event must take place, be on high alert. Take steps to reduce risk factors (e.g., more and longer rest breaks, reduced practice time, reduced exercise intensity, access to shade, minimal clothing and equipment, cold tubs at practice site, etc.).

The WBGT can be measured with a WBGT meter. The calculation for the determination of WBGT is:  $WBGT = .7 (\text{Wet Bulb temperature}) + .2 (\text{Black Globe Temperature}) + .1 (\text{Dry Bulb Temperature})$ .

This table was originally printed in Roberts WO. Medical management and administration manual for long distance road racing. In: Brown CH, Gudjonsson B, eds. *IAAF Medical Manual for Athletics and Road Racing Competitions: a Practical Guide*. Monaco: International Association of Athletics Federations;1998:39-75.

Excerpted from the Inter-Association Task Force on Exertional Heat Illnesses Consensus Statement. (National Athletic Trainers Association. Inter-Association Task Force on Exertional Heat Illnesses.) Available at: [http://www.ipmba.org/printables/Heat\\_Illness.pdf](http://www.ipmba.org/printables/Heat_Illness.pdf).