



TALLAPOOSA RECREATION

HEAT POLICY/GUIDELINES

<u>ALERT LEVEL</u>	<u>CONDITIONS</u>	<u>WGBT</u>	<u>HEAT INDEX</u>	<u>ACTIVITY GUIDELINES</u>
Black	Extreme Conditions	>92.0°	>105°	No Outdoor Training, Delay Training Until Cooler, or Cancel Training
Red	High Risk for Heat Related Illness	90.1-91.9°	100-104°	Max 1 hour training with 4 by 4 minute breaks Baseball & Softball: 10 minute break in shade after 3 rd inning
Orange	Moderate Risk for Heat Related Illness	87.1-90.0°	95-99°	Max 2 hours of training with 4 by 4 minute breaks Baseball & Softball: 5-8 minute hydration break after every 2 innings Soccer: 5-8 minute hydration break at midpoint of each half
Yellow	Less Than Ideal Conditions	82.2-87.0°	90-94.°	3 separate 4 minute breaks each hour
Green	Good Conditions	<82.1°	<90°	Normal Activities- use discretion and continuous monitoring