

# NATA Guidelines

## WBGT (°F) Activity Guidelines and Rest Break Guidelines

<82.0

Normal activities: provide  $\geq 3$  separate rest breaks of minimum duration 3 min each during workout.

82.0-86.9

Use discretion for intense or prolonged exercise. Watch at-risk players carefully. Provide  $\geq 3$  separate rest breaks of minimum duration 4 min each.

87.0-89.9

Maximum practice time = 2 h. For football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: provide  $\geq 4$  separate rest breaks for minimum duration 4 min each.

90.0-92.0


Maximum length of practice = 1 h. No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 min of rest breaks provided during the hour of practice.


>92.1


No outdoor workouts, cancel exercise, delay practices until a cooler WBGT reading occurs.


Source: NATA Position Statement: Exertional Heat Illness, *Journal of Athletic Training* volume 50, number 9 2015, Table 5


## Heat Illness and What to Do


 **Heat Cramps:** Painful, involuntary muscle spasms (usually occurring in the legs) associated with exercise in the heat when athletes have been sweating profusely.

 **What to do:** Stop activity and rest in cool area. Rehydrate.

 **Heat Exhaustion:** Inability to sustain exercise in the heat due to cardiovascular strain. Signs and symptoms include: fatigue, weakness, nausea, light-headedness, headache, heavy sweating, dehydration, decreased muscle coordination, and chills. Improvement is seen usually within 10-15 minutes.

 **What to do:** Stop activity and rest in cool area. Rehydrate. Remove excess clothing and cool the athlete with ice-wet towels. If exertional heat stroke is suspected, take rectal temperature for differential diagnosis.

 **Exertional Heat Stroke:** Occurs when (1) the rectal temperature is  $\geq 104^{\circ}\text{F}$  and (2) there are signs/symptoms of central nervous system dysfunction. Signs and symptoms include: high body temperature ( $\geq 104^{\circ}\text{F}$ ), irrational behavior, emotional instability, confusion, nausea, diarrhea, loss of muscle coordination, collapse, dehydration, rapid pulse, low blood pressure, heavy sweating. **This is a medical emergency.**

 **What to do:** Stop activity and aggressively cool the patient using cold water tub. Activate emergency medical service, but always cool first and transport second. Remove excess clothes. Continuously monitor the rectal temperature until it is cooled down to  $102^{\circ}\text{F}$ .

Information provided by the Korey Stringer Institute <http://ksi.uconn.edu>

