

Protect your players

WITH WET BULB GLOBE TEMPERATURE

Heat stress is a very common threat to athletes – and a significant safety issue for their trainers, coaches, & managers. Wet Bulb Globe Temperature (WBGT) is the best way to manage this risk.

97

The number of people, on average, that heat kills each year in the United States.

Source: NOAA Office of Climate, Water, and Weather Services

How WBGT is calculated



Temperature



Humidity



Wind speed



Solar radiation

WBGT VS the heat index

- | | | |
|-------------------------------------|------------------------|-------------------------------------|
| <input checked="" type="checkbox"/> | Measured in sun | <input type="checkbox"/> |
| <input type="checkbox"/> | Measured in shade | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> | Uses temperature | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> | Uses relative humidity | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> | Uses wind | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | Uses cloud cover | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | Uses sun angle | <input type="checkbox"/> |

Create a heat safety plan

- Make guidelines region specific
- Account for the time of year & acclimatization
- Consider level & duration of workouts
- Understand & use WBGT
- Use proper tools to monitor conditions

Heat stress best practices



Practice between 6-9 a.m. or 6-9 p.m.

3

Limit practice to three hours or less



The first three weeks of August are the riskiest



Build up to full equipment & intensity



Keep your players well hydrated

Download our ebook at:
www.dtn.com/go/wx_heat_safety_ebook_0817/

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