

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

- | | |
|--|-------------------------------------|
| ☒ Measured in sun | ☐ |
| ☐ Measured in shade | ☒ |
| ☒ Uses temperature | ☒ |
| ☒ Uses relative humidity | ☒ |
| ☒ Uses wind | ☐ |
| ☒ Uses cloud cover | ☐ |
| ☒ Uses sun angle | ☐ |

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.



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

[Learn how](#) DTN Weather Hub for Events Safety can help monitor heat stress

