

Effective 8/18/21

Competition or practice shall be suspended immediately once lightning has been recognized or thunder is heard. All players/coaches/fans must immediately exit the playing field and seek shelter (vehicles or inside buildings.) It is required to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice. Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock and another count shall begin. League games conducted at the RLMF field will be under the control of the game officials for stopping/restarting play.

The following heat policy will apply to all RLMF practices. When ambient temperatures are forecast to rise above 85 deg. Fahrenheit during scheduled practice hours, the RLMF President or assignee will check the temperature and humidity forecasts on 2 national forecast sites (National Weather Service and Accuweather) 3 hrs. before the start of practice and average the two forecasts. The averaged temperature and humidity will then be referenced on the below Wet Bulb Globe Temperature (hereby referred to as WBGT) chart to determine the predicted WBGT at the start of practice. The averaged WBGT should also be calculated for the start of the 2nd hour of practice.

Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																	
Temperature in Degrees Fahrenheit																	
	68.0	71.6	75.2	78.8	82.4	86.0	89.6	93.2	96.8	100.4	104.0	107.6	111.2	114.8	118.4	122.0	
0	58.6	60.9	64.3	65.5	67.7	69.9	72.1	74.3	76.4	78.5	80.6	82.6	84.7	86.6	88.6	90.5	
5	59.6	62.1	65.6	67.0	69.3	71.7	74.0	76.4	78.6	80.9	83.1	85.3	87.5	89.9	92.1	94.2	
10	60.7	63.3	66.9	68.4	70.8	73.3	75.8	78.2	80.7	83.0	85.5	88.0	90.3	92.8	95.1	97.6	
15	61.7	64.5	68.1	69.6	72.2	74.8	77.4	80.0	82.6	85.2	87.8	90.2	92.8	95.4	98.0		
20	62.7	65.6	69.4	70.9	73.6	76.3	79.2	81.8	84.5	87.1	89.8	92.5	95.2	97.8			
25	63.8	66.7	70.5	72.2	75.1	77.8	80.6	83.4	86.2	89.0	91.8	94.6	97.4				
30	64.8	67.6	71.7	73.4	76.3	79.2	82.1	84.9	87.8	90.8	93.6	96.6	99.4				
35	65.6	68.6	72.7	74.6	77.5	80.5	83.5	86.4	89.4	92.4	95.3	98.3					
40	66.7	69.6	73.8	75.7	78.8	81.8	84.8	87.8	90.9	94.0	97.0						
45	67.5	70.6	74.8	76.8	79.9	83.0	86.1	89.2	92.3	95.4	98.6						
50	68.4	71.5	75.8	77.8	81.1	84.1	87.4	90.5	93.7	96.9							
55	69.3	72.4	76.7	78.8	82.1	85.3	88.5	91.9	95.1	98.3							
60	70.1	73.3	77.7	79.8	83.2	86.4	89.8	93.1	96.3	99.6							
65	70.9	73.8	78.6	80.9	84.2	87.5	90.8	94.1	97.5								
70	71.7	75.0	79.5	81.7	84.9	88.6	91.9	95.3	98.6								
75	72.4	75.9	80.3	82.7	86.1	89.6	92.9	96.4									
80	73.2	76.7	81.2	83.6	87.1	90.4	93.9	97.4									
85	74.0	77.4	82.0	84.5	88.0	91.5	94.9	98.5									
90	74.7	78.2	82.9	85.3	88.9	92.3	95.9	99.4									
95	75.5	78.9	83.6	86.1	89.6	93.2	96.8										
100	76.1	79.7	84.4	86.9	90.5	94.1	97.7										

NOTE: This chart is calculated using temperature and humidity, assuming a very clear sky (maximal solar load), and atmospheric pressure of 1ATA (760 mmHg). Chart A was developed by Professor Yoram Epstein to be used in Ariel's Checklist for hikers in Israel.

The averaged WBGT will then be referenced against the Korey Stringer Institute nationally recognized standards (See chart below) for safe football practice guidelines. RLMF resides in a Cat 3 Region.


Cat 1 WBGT (F)	Cat 2 WBGT (F)	Cat 3 WBGT (F)	Activity Guidelines
< 76.1	< 79.7	< 82.2	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
76.2- 81.1	79.8 - 84.6	82.3 - 87.0	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
81.2 - 84.1	84.7- 87.6	87.1 - 90.0	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
84.2 - <u>86.0</u>	87.7 - 89.6	90.1 - 92.0	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 86.1	≥ 89.7	≥ 92.1	No outdoor workouts. Delay practice until a cooler WBGT is reached.

After determining safe practice guidelines for the upcoming practice(s), RLMF president or designee will email the head football coaches, coaches coordinator, RLMF Vice President and Cheer Coordinator with acceptable practice start time and acceptable gear levels to begin practice. Coaches are granted the flexibility to adjust protective equipment and activities throughout practice as conditions change but shall not deviate from guidelines at the start of practice without approval of RLMF President, RLMF VP or Coaches coordinator.

RLMF coaches should also reference work/rest guidelines below when ambient temperatures rise above 85 deg. Fahrenheit.

Work/Rest and Water Consumption Table <i>Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)</i>							
Easy Work		Moderate Work		Hard Work			
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms 		<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction 		<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults 		<ul style="list-style-type: none"> • The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr). • NL = no limit to work time per hr. • Rest = minimal physical activity (sitting or standing) accomplished in shade if possible. • CAUTION: Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not exceed 12 qts. • If wearing body armor, add 5°F to WBGT index in humid climates. • If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index. • If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index. 	
Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	½	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apg.amedd.army.mil.
For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized.
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This policy shall be reviewed annually in March and updated if new guidelines from the Korey Stringer Institute are issued.

Charts revised 07/30/2025