Cobb County School District
A community with a passion for learning!
Policy & Planning Division

WET BULB TEMPERATURE GUIDELINES

The different stages will be numbered as levels 1-7. These are guidelines for outdoor practice.

LEVEL	*FAHRENHEIT WBT*	*CELSIUS WBT*	*PRACTICE HOURS*	*BREAKS*	*FLUIDS*
1 Very Low Risk	59º and Lower	15° and Lower	Reasonable	As Needed	As Desired
2 Low Risk	60°-64°	16°-17°	Reasonable	-5 Minute Break Every 30 Minutes	Cold Water
3 Moderate Risk	65°-72°	18°-22°	Use Caution	-5 Minute Break Every 20-30 Minutes	Cold Water
4 High Risk	73°-75°	23°-24°	Use Caution	-Remove Helmet -5 Minute Break Every 20 Minutes	Cold Water
5 High Risk	76°-78°	24° -25°	Use Extreme Caution	-Remove Helmet -5 Minute Break Every 15-20 Minutes	Cold Water
6 Very High Risk	79°-81°	26°-27°	Practice Time Should Be Shortened With Low Intensity	- Helmets Only - 5 Minute Break Every 10-15 Minutes	Cold Water
7 Extremely High Risk	82° and Higher	28° and Higher	NO PRACTICE	NO PRACTICE	Normal

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