

Bluegrass State Games Heat Activity Guidelines

(Revised 7/16/24)

The heat activity guidelines/protocols for KHSAA are in effect for this weekend. Below you will find how the Bluegrass State Games will be implementing for ALL games and sites this weekend for the High School games.

Wet Bulb Globe Temperature (**WBGT**) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). WBGT gives an indication of the temperature perceived by the athletes on the field of play. Physical exercise during times of excessive heat can pose a serious health risk to athletes and result in a medical emergency. The WBGT will be used to determine any change in game situation.

A. WBGT <82.0°F, Green, Very Low Risk for Heat Illness

1. Games will be played as scheduled.
2. Site coordinators, under advice from the medical athletic training staff, may implement a short water break each half. The clock will continue to run during these breaks..

B. WBGT 82.1°F - 87.0°F, Yellow Low Risk for Heat Illness

1. Games will be played as scheduled
2. Site coordinators, under advice from the medical athletic training staff, will implement a 3 minute water break each half. The clock will continue to run during these breaks.

C. WBGT 87.1°F - 90.0°F, Orange, Moderate Risk for Heat Illness

1. Games will be played as scheduled
2. Site coordinators, under advice from the medical athletic training staff, will implement a 4 minute water break each half. The clock will continue to run during these breaks.

D. WBGT 90.1°F - 91.9°F, Red, High Risk for Heat Illness

1. Varsity games will have the halves shortened to 30 minutes, there shall be a 5 minute water break at the midway point of each half. The clock will continue to run for these breaks.
2. JV games will have the halves shortened to 25 minute, but there will be a 5 minute water break at the midway point of each half. The clock will continue to run for these breaks.
3. A mandatory 10 minute half time will be implemented.

Wet Bulb Globe Temperature (WBGT) at or Above 92.0°F

- A. All play will be suspended once the medical training staff determines that the Heat Index has reached **WBGT at or Above 92.0°F**.
- B. If the **WBGT drops below the 92.0°F** within 30 minutes of play being suspended, the games will resume from the point of suspension. Future games that day will be delayed the proportionate amount of time from the suspension. If more than 30 minutes elapses from the point of suspension, the game will be terminated.
- C. No new games will be started if the **WBGT at or Above 92.0°F**. New games that are unable to start on time due to the WBGT may be delayed for up to 45 minutes from the original start time. If the game is unable to start within the 45 minutes, the game will be canceled. If the game is able to start, the game may be shortened to keep it in its originally scheduled allotted time block. If the game is able to start, the **WBGT Protocols** are still in place.