

Wet Bulb Guidance

Brea Olinda High School utilizes the Perry Weather system to monitor and manage the heat index. According to CIF guidance and zoning regulations, the school is classified as a Category 2 institution. Administration and Athletic Directors rely on the Perry Weather forecast to make informed decisions regarding practices and games. Additionally, an update widget on the school website provides details about the current Wet Bulb Reading.

Category 1	Category 2	Category 3	Activity Guidelines
< 76.1°F < 24.5°C	< 79.7°F < 26.5°C	< 82.0°F < 27.8°C	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
76.3 - 81.0°F 24.6 - 27.2°C	79.9 - 84.6°F 26.6 - 29.2°C	82.2 - 86.9°F 27.9 - 30.5°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
81.1 - 84.0°F 27.3 - 28.9°C	84.7 - 87.6°F 29.3 - 30.9°C	87.1 - 90.0°F 30.6 - 32.2°C	Maximum outdoor practice time is 2 h. Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. For Football/Field Hockey: 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 full pads without changing to shorts.
84.2 - 86.0°F 29.0 - 30.0°C	87.8 - 89.6°F 31.0 - 32.0°C	90.1 - 91.9°F 32.2 - 33.3°C	Contests are permitted with additional hydration breaks. Maximum outdoor practice time is 1 h. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 86.2°F ≥ 30.1°C	≥ 89.8°F ≥ 32.1°C	≥ 92.1°F ≥ 33.4°C	No outdoor workouts/contests. Delay practice/competitions until a cooler WBGT is reached.