

Fort Zumwalt South Junior Bulldogs Football & Cheer Club (“JBFCC”) Weather (Heat) Guidelines

July 2026

The Fort Zumwalt South Junior Bulldogs Football & Cheer Club (“JBFCC”) intends to follow the Missouri State High School Activities Association (“MSHSAA”) guidelines pertaining to heat when determining inclement weather for its participating athletes.

The MSHSAA Board of Directors approved the Wet Bulb Globe Thermometer (“WBGT”) as the recommended measurement practice and device for measuring acceptable heat/humidity levels for practices and contests. The use of WBGT is recommended throughout the calendar year when ambient temperature is above 80 degrees. Member schools may secure and use the instruments found on the suggested list of WBGT’s located on the Sports Medicine page at www.mshsaa.org.

The JBFCC uses a WBGT and will leverage the device when making decisions for its hosted camps, practices, and games at the designated athletic facility, as necessary. The JBFCC will follow MSHSAA’s prescribed WBGT reading guidelines listed below.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0 – 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour for a minimum of 4 minutes in duration for each.
87.0 – 89.9	Maximum length of participation within this range is 2 hours. <u>Football</u> : players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. Competitions will be delayed, rescheduled or cancelled. <u>All Sports</u> : provide at least four separate rest breaks each hour for a minimum of 4 minutes per break.
90.0 – 92.0	Maximum length of participation within this range is 1 hour. <u>Football</u> : no protective equipment may be worn. Competitions will be delayed, rescheduled or cancelled. There may be no conditioning activities. <u>All Sports</u> : there must be 20 minutes of rest breaks distributed throughout the hour of participation. There may be no conditioning activities.
OVER 92	NO OUTDOOR PARTICIPATION. Delay practice/competitions until a cooler WBGT level is reached.

MSHSAA’s guidelines also include the following parameters that the JBFCC intends to leverage, as appropriate, for its practices and contests:

(a) Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (including during the summer) in all sports during times of extremely high heat and/or humidity.



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The policy shall follow modified guidelines of the American College of Sports Medicine and the National Athletic Trainers’ Association Position Statement in regard to:

- (1) The scheduling of practices at various heat/humidity levels
- (2) The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
- (3) The heat/humidity levels that will result in practice being terminated
- (b) A scientifically-approved instrument that measures the Wet Bulb Globe Temperature (WBGT) must be utilized at each practice when the temperature is greater than 80 degrees Fahrenheit to ensure that the written policy is being followed properly. WBGT readings should be taken every hour, beginning 30 minutes before the beginning of practice/event. It will be the individual school district’s responsibility to formulate a policy and procedure that includes the following:
 - (1) Obtain site specific readings with priority for the equipment laden sport
 - (2) Criteria for when to obtain WBGT readings
 - (3) Practice/event modifications
 - (4) Identify who will perform and record readings
 - (5) Communication procedure for all appropriate personnel
 - (6) Exertional Heat Illness Emergency Action Plan
- (c) Practices are defined as: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason, the “clock” on that practice will stop and will begin again when the practice resumes.
- (d) Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in “voluntary workouts.”



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(e) A walk-through is not a part of the practice time regulation and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full-speed drills may be held.

(f) Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a “cool zone” where players are out of direct sunlight.

It is a common assumption that environmental heat stress monitoring data is accomplished by the utilization of the heat index. Utilization of the heat index does not account for direct sunlight exposure which results in inaccurate measurement of onsite environmental conditions. In addition to MSHSAA, The American College of Sports Medicine, the National Athletic Trainers Association, the NCAA, and the NFHS’ Sports Medicine Advisory Committee (SMAC) recommends the utilization of the Wet Bulb Globe Temperature (WBGT) indices as the indicator for environmental heat stress conditions. It is important to note that the utilization of the heat index is an alternative but is NOT considered best practice and has significant limitations.

The MSHSAA Sports Medicine Advisory Committee recommended removing the utilization of the heat index as an indicator for participation in heat stress associated environmental conditions and to obtain a WBGT on site reading to assist in practice/event planning, activity modification and execution.

References

[MSHSAA Untitled Page](#)

[MSHSAA: WBGT Background & Rationale](#)

