

Alert Level	WGBT by Region (°F)			Event Conditions	Recommended Actions & Breaks
	Cat 1	Cat 2	Cat 3		
Black	> 86°	> 89.8°	> 92.0°	Extreme Conditions	No outdoor training. Delay training until cooler or cancel training
Red	84.2° - 86.1°	87.8 - 89.7°	90.1° - 91.9°	High Risk for Heat Related Illness	<ul style="list-style-type: none"> • Maximum of 1 hour of training with 4 by 4 minutes breaks within the hour. • No additional conditioning allowed.
Orange	81.1° - 84.1°	84.7° - 87.7°	87.1° - 90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with 4 by 4 minute breaks each hour or a 10 minute break every 30 minutes of training
Yellow	76.3° - 81.0°	79.9° - 84.6°	82.2° - 87.0°	Less than Ideal Conditions	3 separate 4 minute breaks each hour or a 12 minute break every 40 minutes of training