Heat-safety planning and preparedness for student athletes

Improve planning to prevent heat stress for student athletes!

- 5 day forecast for WBGT allows for enhanced planning for heat stress prevention
- WBGT values for sun and shade give flexibility for practice
- Safety regulations in accordance with NCHSAA guidelines

NC WBGT Tool
Wet Bulb Globe Temperature Tool

Monday 02 pm
WBGT: 85.4°F
WBGT in Full Sun: 87.3°F
WBGT in Shade: 82.6°F
Instructions for Use

Note: This is a forecast tool. It should be used as any other weather forecast. This forecast will update at 8:30am and 11:30am each day. The WBGT tool provides an estimate of heat stress based on National Weather Service forecasts.

1. Go to: convergence.unc.edu

2. Select "Tools" from the menu at the top

3. Select "NC WBGT" from the drop down menu

4. Click your location on the map OR search your location in the search bar

5. Select "Submit" at the bottom right

How to Interpret the Tool

- The horizontal line is the Wet Bulb Globe Temperature (WBGT)
- The shaded area around the WBGT line represents the possible range of values from full sun exposure to full shade for WBGT during that period.
- Hover your mouse over the WBGT line to see the forecasted WBGT and details about that hourly forecast
- The color bands represent warning levels as outlined by the NCHSAA. Scroll down to see recommendations for action for each warning level.