

# 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



## 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



# 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](https://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.