Updated KSHSAA Recommended Activity Modification Policy
Frequently Asked Questions

In April 2022, the KSHSAA Sports Medicine Advisory Committee provided updates to the KSHSAA Recommended Activity Modification Policy during periods of elevated heat/humidity. The Executive Board unanimously approved these updates at their April 2022 meeting. This updated recommended policy incorporates the use of Web Bulb Globe Thermometer (WBGT) values instead of Heat Index values when making activity modification decisions. Below are some frequent questions related to this change:

1. **Why is using the WBGT value better than using heat index?**
   A: The WBGT value is much more indicative of the true environment the student will be participating in. The WBGT value factors in air temperature, relative humidity, wind speed and solar radiation. Heat index values are for shaded areas and only factor in air temperature and relative humidity.

2. **Why are the zone thresholds in the KSHSAA recommended policy different than the thresholds in the NATA guidelines and what is pre-programmed on the Kestrel 5400 device we received?**
   A: The zone thresholds provided in the KSHSAA policy are based on what would be expected of a normally acclimated person in this part of the country. The NATA thresholds in their guidelines are based on data from a study in Georgia and what would be expected of a normally acclimated person in that part of the country. Instructions are included with the device you received explaining how to set custom zone ranges if you wish to use this feature.

3. **How often should WBGT values be obtained throughout the course of an activity?**
   A: Readings should be taken at the site of activity, 30-60 minutes before the activity begins. Schools are recommended to obtain the average WBGT over a 15-20 minute span, and use this value for the day unless there is an obvious change in weather that warrants another measurement.

4. **I don't have access to a WBGT device, how should I make a decision on the zone level for the day?**
   A: If a school wishes to obtain their own device, they can click HERE for information.

   Although not as accurate as measuring the value at your own site with your own device, using the WBGT data obtained at your high school would be an acceptable option. You may also obtain the air temperature and relative humidity in the same manner as previous years and apply those values to the estimated WBGT chart found in the KSHSAA policy document.