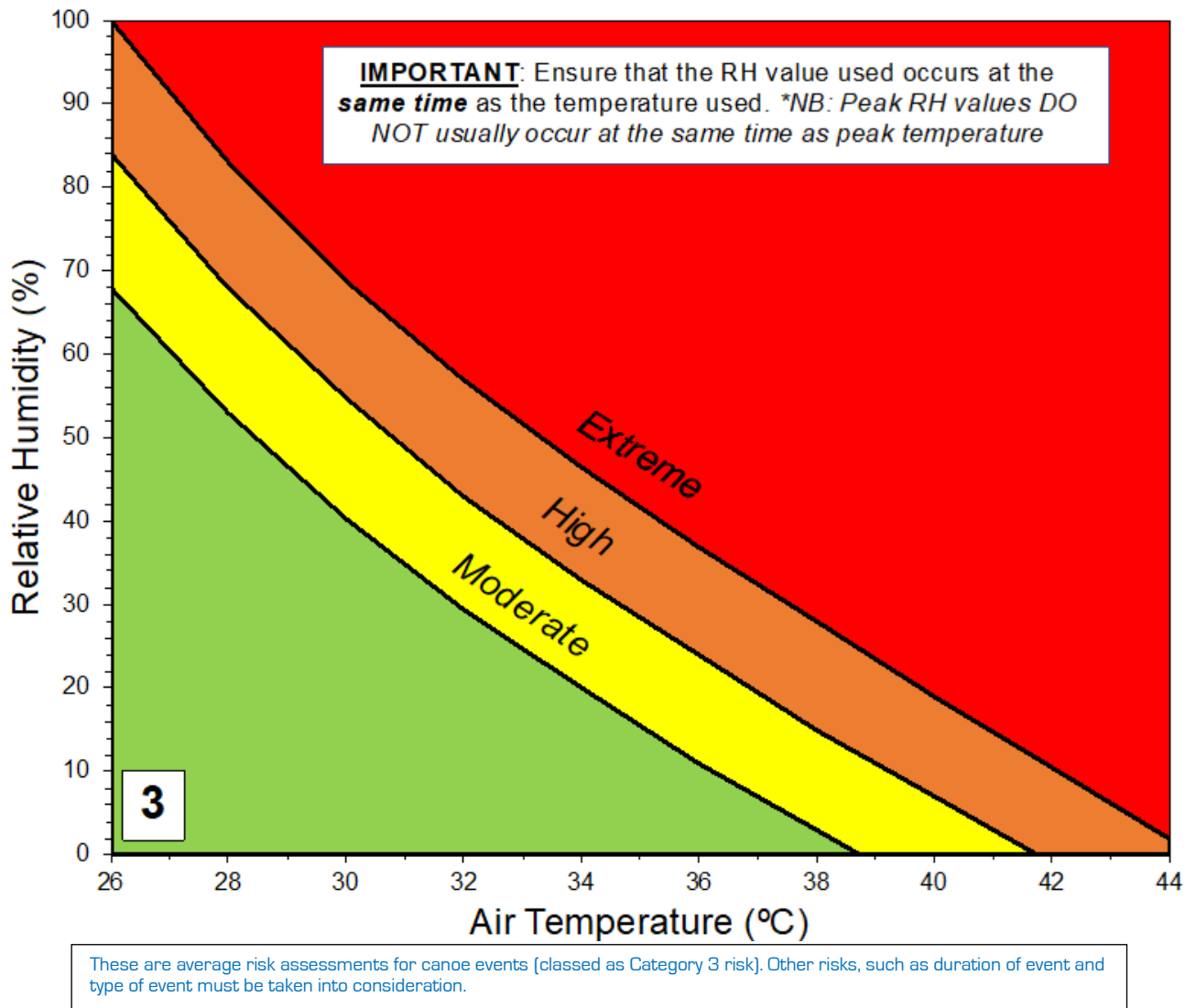


**THE WET  
BULB GLOBE  
TEMPERATURE**

## THE WET BULB GLOBE TEMPERATURE

The Wet Bulb Globe Temperature (WBGT) is recognised as the best way of assessing heat related stress for sporting events held in direct sunlight. It takes into account multiple variables including temperature, humidity, wind speed, sun angle and cloud cover. Validated and calibrated machines must be used by personnel familiar with their use. Once readings have been obtained, they can be compared to the average risk for canoeing as shown below.

WBGT readings and potential risk for outdoor canoeing events



### Using the Risk Chart

There is insufficient data from specific paddlesport disciplines to dictate absolute policies according to the WBGT risk chart. In general, the longer the event, the more likely that HRI may occur for each given point on the chart. Similarly, the 'drier' the event, the less cooling will occur and therefore there is greater risk. In addition, the risks for well acclimatised athletes will be less than for athletes with no acclimatisation and even less than for untrained officials. Even athletes that are well acclimatised can be at increased risk if they have had less than optimal preparation e.g. prior illness, insufficient or inappropriate hydration.