

Table 1: not acclimatised, maximum continuous exercise durations and alternative work-rest schedules permitted for a 4-hour period when wearing PT kit (shorts & t-shirt).

WBGT (°C)	Maximum Exercise Duration (Minutes)			
	Easy Work	Moderate Work	Hard Work	Very Hard Work
20 to 21.9	240	240	205 OR 30 work 30 rest	145 OR 20 work 40 rest
22 to 23.9	240	240	185 OR 30 work 30 rest	135 OR 20 work 40 rest
24 to 25.9	240	240	175 OR 30 work 30 rest	130 OR 20 work 40 rest
26 to 27.9	240	225 OR 50 work 10 rest	150 OR 30 work 30 rest	110 OR 20 work 40 rest
28 to 29.9	240	195 OR 40 work 20 rest	130 OR 20 work 40 rest	90 OR 20 work 40 rest
30 to 31.9	240	160 OR 30 work 30 rest	110 OR 20 work 40 rest	75 OR 20 work 40 rest
32 to 33.9	200 OR 40 work 20 rest	110 OR 30 work 30 rest	70 OR 20 work 40 rest	40 OR 10 work 50 rest
34 to 35.9	145 OR 40 work 20 rest	85 OR 20 work 40 rest	45 OR 10 work 50 rest	20 OR 10 work 50 rest
36 to 37.9	100 OR 30 work 30 rest	50 OR 20 work 40 rest	25 OR 10 work 50 rest	10
38 to 40	70 OR 20 work 40 rest	30 OR 10 work 50 rest	15	10

Pre-event: use Met Office 'feels like' forecast

On the day: use actual WBGT reading for dynamic assessment

Maximum expected running times must take 'Moderate Work' into account

Course Expected Winning Times must take 'Hard Work' into account