

Corpus Christi ISD Athletic Department

Hot Weather Policy

High Schools

Practice or competition in hot and humid environmental conditions pose special problems for student athletes. Heat stress and heat illnesses are primary concerns during these weather conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

General Consideration for Risk Reductions

- 1) Encourage proper education regarding heat illnesses (for athletes, coaches, parent, medical staff, etc.) Education about risk factors should focus on hydration needs, acclimatization, work/rest ratio, signs and symptoms of exertional heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
- 2) At the start of each week, the Athletic Trainer(s) will meet with the Athletic Coordinator about the projected wet bulb globe temperature (WBGT) for the week. Onsite medical staff have the authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and/or athlete's medical conditions.
- 3) Outdoor activities are permitted as long as the wet bulb globe temperature (WBGT) is **92°F or less**. Temperatures can vary between grass and turf. If the temperature on the turf field is above our guideline's max threshold, but the grass field is below the same threshold, it is possible to start on the grass field and move practice to the turf field once temperature ranges decrease.
- 4) The WBGT (Category 3) will be checked by the athletic trainers prior to any physical activity. WBGT will be monitored throughout the duration of the event. If WBGT increases or decreases, the Athletic Trainer will provide the modification to follow the equivalent work: rest ratio. If the Kestrel's siren is heard the threshold for the black zone has been reached and all outdoor activities must cease.
- 5) All Campus Athletic Trainers are equipped with a heat stress prediction tool (Kestrel). This device is used to accurately measure the temperature, heat index, humidity, and WBGT at each specific location. The Athletic Department has also purchased Perry Weather to help monitor weather such as heat and lightning. Weather Stations are housed at Cabaniss Multi and Buc Stadium. The Kestrel units are the most accurate tool to use for any outdoor activity held on campus. When a practice is held off campus and a Kestrel unit is not available, Perry Weather should be used to monitor the weather.

ACCLIMATIZATION PERIOD

The first five days of practice shall be an acclimatization period for all student-athletes in accordance with the below regulations. All student-athletes who arrive after the first day of practice are required to go through the 5-day acclimatization period.

- Days 1 & 2
 - ONE Practice allowed.
 - Only t-shirts, shorts, and helmets may be worn, and no contact activities are permitted.
 - Practice: 3-hour time limit with up to a 1-hour break. The 1-hour break is not included as a part of the practice time limit. Total time shall not exceed 4 hours.
 - 1-hour walkthrough allowed in addition to the practice with at least a 2-hour break between the practice and walkthrough.
 - Non-restricted equipment is allowed.
- Days 3 & 4
 - ONE Practice allowed.
 - Only helmets, shoulders pads, and girdles (shell) allowed, and no person-to-person contact is permitted.
 - Practice: 3-hour time limit with up to a 1-hour break. The 1-hour break is not included as a part of the practice time limit. Total time shall not exceed 4 hours.
 - 1-hour walkthrough allowed in addition to the practice with at least a 2-hour break between the practice and walkthrough.
 - Restricted and non-restricted equipment is allowed.
- Day 5
 - ONE Practice allowed.
 - Only helmets, shoulders pads, and girdles (shell) allowed.
 - Person-to-person contact is allowed, but full contact is not allowed.
 - Practice: 3-hour time limit with up to a 1-hour break. The 1-hour break is not included as a part of the practice time limit. Total time shall not exceed 4 hours.
 - 1-hour walkthrough allowed in addition to the practice with at least a 2-hour break between the practice and walkthrough.

IMPORTANT DEFINITIONS

Acclimatization - The process of gradually increasing the intensity of activity in a progressive manner that improves the body's ability to adapt to and tolerate exercise in the heat.

Wet Bulb Globe Temperature (WBGT) - The WBGT is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a comprehensive measure that can be used to monitor environmental conditions during exercise. WBGT is different than heat index, as it is a more comprehensive measurement of environmental heat stress on the body.

Practice - the period of time that a student-athlete engages in coach-supervised, school approved sport or conditioning related-activity. Practice time includes from the time the players report to the field until they leave.

Outdoor Activities - Activities that are performed outside with or without sport specific equipment being worn. This includes the athletic periods, summer strength and conditioning, sport specific skills camps and practices.

Recovery Time - This period of time is defined as non-activity time outside of practices or games. NO ACTIVITY, including non-practice activity, can occur during this time. Proper recovery should occur in an air-conditioned facility, when possible and usually is a minimum of 3 hours in duration.

Rest Breaks - This period of time occurs during practice and is a non-activity time.

Cooling Zone - An area out of direct sunlight with adequate air flow to assist in cooling. A cold-water or ice tub and ice towels should be available to immerse or soak a patient with suspected heat illness. This may be outdoors or indoors depending on proximity to field.

Exertional Heat Stroke (EHS) - Defined as having a rectal temperature over 104°F-105°F (40.5°C), and central nervous system dysfunction (e.g. irrational behavior, confusion, irritability, emotional instability, altered consciousness, collapse, coma, dizzy, etc.).

Heat Exhaustion (Salt Depletion) - Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

Heat Exhaustion (Water Depletion) - Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

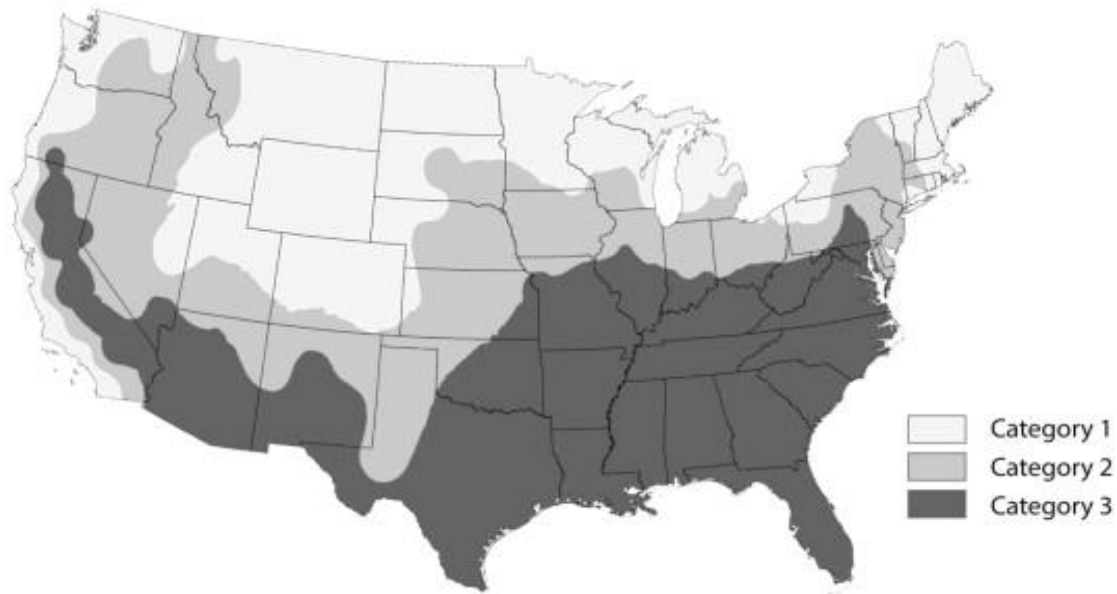
Heat Syncope - Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.

Heat Cramps - Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.

UIL Guidelines

- 1) Each athlete must have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
- 2) It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **physical condition** of their athletes and set practice schedules accordingly.
- 3) Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **gradual acclimatization to hot weather**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80 percent acclimatization can be expected to occur after the first seven to ten days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
- 4) The old idea that water should be withheld from athletes during workouts has no scientific foundation. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum of ten minutes be scheduled for a water break every half hour of heavy exercise in the heat. **Water should be available in unlimited quantities**. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.
- 5) Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. **Attention must be directed to replacing water - fluid replacement is essential**.
- 6) Know both the **temperature and humidity**. The greater the humidity, the more difficult it is for the body to cool itself. **Test the air prior to practice or game** using a wet bulb, globe, temperature index (WBGT Index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. A WBGT device is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during exercise. Establishing WBGT guidelines that dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures play a huge factor in helping to prevent EHS. Readings should be taken before and during every outside event or practice to

accommodate accordingly based on adopted guidelines. The map and table to follow provides a guideline for modification of activity based on the environmental conditions in each region. source: Grundstein et al. Regional heat safety thresholds for athletes in the contiguous United States. Appl. Geography. 2015.pdf



Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <u>For Football:</u> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports:</u> Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <u>For Football:</u> No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports:</u> There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

- 7) Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **Never use rubberized clothing.**
- 8) Athletes should **weigh** each day before and after practice and **weight charts checked**. Generally a three percent weight loss through sweating is considered safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
- 9) Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight, and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.
- 10) Teams that encounter hot weather during the season through travel or following an unseasonable cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
- 11) Know what to do in case of emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practices and prearranged procedures for obtaining medical care, including ambulance service.

High School Football Specific Hot Weather Policy

WBGT 82 °F or less		
Pre-Season	In-Season	*Practice will not exceed 3 hours
Acclimatization Days 1-2: Shirts/Shorts/Helmet Only Acclimatization Day 3-5: ½ Shell	Acceptable Attire: Full Pads, ½ Shell, Shirts/Shorts/Helmet Only	
Provide a minimum of <u>(1) 5 minute rest break/water break every hour</u> during practice		

- **Preventative measures:**

- Unrestricted access to water at all times
- Set up a 'cool zone' for rest breaks/water breaks
 - Canopies and fans/misters are a great addition for cool zones
- Cold water towels available at designated locations
- **Cold water immersion area in case of emergency**
- **Designated indoor 'cool zone' in case of emergency**

***Pre-Season Only:** 3 hr. practice limit with up to 1 hr. of water/rest break. Water/rest break is not included in the practice time limit. Total time should not exceed 4 hrs.*

WBGT: 82.2 °F - 86.9 °F		
Pre-Season	In-Season	*Practice will not exceed 3 hours
Acclimatization Days 1-2: Shirts/Shorts/Helmet Only Acclimatization Day 3-5: ½ Shell	Acceptable Attire: Full Pads, ½ Shell, Shirts/Shorts/Helmet Only	
Provide a minimum <u>(1) 5 minute rest break/water break every hour</u> during practice		

- **Preventative measures:**

- Unrestricted access to water at all times
- Set up a 'cool zone' for rest breaks/water breaks
 - Canopies and fans/misters are a great addition for cool zones
- Cold water towels available at designated locations
- **Cold water immersion area in case of emergency**
- **Designated indoor 'cool zone' in case of emergency**

***Pre-Season Only:** 3 hr. practice limit with up to 1 hr. of water/rest break. Water/rest break is not included in the practice time limit. Total time should not exceed 4 hrs. **

WBGT: 87.1 °F - 90 °F		
Pre-Season	In-Season	*Practice will not exceed 2 ½ hours
Acclimatization Days 1-2: Shirts/Shorts/Helmet Only Acclimatization Day 3-5: ½ Shell	Start in Zone: Helmet/Shoulder Pads/Shorts or Shirt/Helmet Only Move into Zone: Helmet/Shoulder Pads/Pants	
Provide a minimum (2) 5 minute rest/water break every hour during practice		

- **Preventative measures:**

- Unrestricted access to water at all times
- Set up a 'cool zone' for rest breaks/water breaks
 - Canopies and fans/misters are a great addition for cool zones
- Decreased repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workouts without penalties or repercussions
- Conditioning will be completed without shoulder pads and will not exceed 10 minutes
- Cold water towels available at designated locations
- **Cold water immersion area in case of emergency**
- **Designated indoor 'cool zone' in case of emergency**

****Pre-Season Only:** 2 ½ hr. practice limit with up to 1 hr. of water/rest break. Water/rest break is not included in the practice time limit. Total time should not exceed 3 ½ hrs. **

WBGT: 90.1 °F - 91.9 °F		
Pre-Season	In-Season	*Practice will not exceed 1 ½ hour
Shirt/Shorts and Helmet Only		
Provide a minimum <u>5 minute rest/water break every 30 minutes</u> during practice		

- **Preventative measures:**

- Unrestricted access to water at all times
- Set up a 'cool zone' for rest breaks/water breaks
 - Canopies and fans/misters are a great addition for cool zones
- Decreased repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workouts without penalties or repercussions
- There will be no conditioning activities when temperatures are in this range
- Cold water towels available at designated locations
- **Cold water immersion area in case of emergency**
- **Designated indoor 'cool zone' in case of emergency**

****Pre-Season Only:** 1 ½ hr. practice limit with up to 30 min. of water/rest break. Water/rest break is not included in the practice time limit. Total time should not exceed 2 hrs. **

WBGT: 92.1 °F and greater
No outdoor workouts. Delay practice until a cooler WBGT is reached

Hot Weather Policy For All Other High School Sports

****If a student athlete has been pulled from practice due to a heat related illness, they will not be allowed to return to practice for at least a 24 hour window. This is to allow the body to rehydrate and recover. They will also need to go through a process of re-acclimatization****

WBGT: 86.9 °F or less

Practice will not exceed 3 hours

- **Preventative measures:**
 - Unrestricted access to water at all times

WBGT: 87.1 °F - 90 °F

***Practice will not exceed 2 ½ hours**

Provide a minimum **(2) 5 minute rest/water break every hour** during practice

- **Preventative measures:**
 - Unrestricted access to water at all times
 - Set up a 'cool zone' for rest breaks/water breaks
 - Canopies are a great addition for cool zones
 - It is **advised** to complete conditioning indoors
 - Decreased repetitions and practice for overweight individuals
 - Asthmatic athletes may remove themselves from workouts without penalties or repercussions
 - **Cold water immersion area in case of emergency**
 - **Designated indoor 'cool zone' in case of emergency**
- **Cross Country:** Should remain on campus and be closely supervised by coaches

WBGT: 90.1 °F - 91.9 °F

***Practice will not exceed 1 ½ hours**

Provide a minimum **5 minute rest/water break every 30 minutes** during practice

- **Preventative measures:**
 - Unrestricted access to water at all times
 - Set up a 'cool zone' for rest breaks/water breaks
 - Canopies and fans/misters are a great addition for cool zones
 - It is **advised** to complete conditioning indoors
 - Decreased repetitions and practice for overweight individuals
 - Asthmatic athletes may remove themselves from workouts without penalties or repercussions
 - **Cold water immersion area in case of emergency**
 - **Designated indoor 'cool zone' in case of emergency**
- **Cross Country:** Should remain on campus and be closely supervised by coaches

WBGT: 92.1 °F and greater

No outdoor workouts. Delay practice until a cooler WBGT is reached

Hot Weather Procedures for High School Games & Scrimmages

Due to commitments with other school districts and with officials, it is extremely difficult to cancel games without disrupting the working relationships with other districts and the officials' association. The following measures will be taken according to the level of competition.

These guidelines should not outweigh common sense and professional responsibility. If conditions are unsafe for participation for any reason, postponing the event should be discussed among athletic trainers, coaches, administrators, and referees.

Varsity Games and Scrimmages:

- All varsity games will be played as scheduled. Coaches and athletic trainers should monitor the WBGT carefully and take appropriate measures to ensure that athletes do not become overheated. This would include plenty of water, cold wet towels/sponges, ice, adequate rest, and close monitoring for symptoms of heat exhaustion or heat stroke of each athlete. The coaches and athletic trainers should gain approval from the officials and other team for additional timeouts and longer half time breaks.

Junior Varsity, and Freshman Games and Scrimmages:

- An Athletic Trainer or Emergency Medical Technician (EMT) are to be at each contest and will follow the same procedures as the varsity. The coaches and medical personnel should gain approval from the officials and other team for additional timeouts and longer half time breaks.

Middle Schools

Practice or competition in hot and humid environmental conditions poses special problems for student athletes. Heat stress and heat illnesses are primary concerns during these weather conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

General Consideration for Risk Reductions

- 1) Encourage proper education regarding heat illnesses (for athletes, coaches, parent, medical staff, etc.) Education about risk factors should focus on hydration needs, acclimatization, work/rest ratio, signs and symptoms of exertional heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
- 2) At the start of each week, the Athletic Trainer(s) will meet with the Athletic Coordinator about the projected wet bulb globe temperature (WBGT) for the week. Coaching staff will need to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and/or athlete's medical conditions.
- 3) Outdoor activities are permitted as long as the wet bulb globe temperature (WBGT) is **90°F or less**. If the WBGT is above 90 °F then practice can start indoors until the temperatures drop below our max threshold.
- 4) The WBGT (Category 3) will be recorded by the Boys Athletic Coordinator prior to any physical activity. WBGT will be monitored throughout the duration of the event. If WBGT moves into a different zone within the first 30 minutes of practice the appropriate modifications should be made. If WBGT increases or decreases then you will modify to follow the equivalent work: rest ratio. If the Kestrel's siren is heard the threshold for the red zone has been reached and all outdoor activities must cease.
- 5) All Boys Athletic Coordinators/Head Football Coaches are equipped with a heat stress prediction tool (Kestrel). This device is used to accurately measure the temperature, heat index, humidity, and WBGT at each specific location. The Athletic Department has also purchased Perry Weather to help monitor weather such as heat index and lightning. Weather Stations are housed at Cabaniss Multi and Buc Stadium. The Kestrel units are the most accurate tool to use for any sporting practice held on campus. When a practice is held off campus and a Kestrel unit is not available, Perry Weather should be used to monitor the weather.

ACCLIMATIZATION PERIOD

The first five days of practice shall be an acclimatization period for all student-athletes in accordance with the below regulations. All student-athletes who arrive after the first day of practice are required to go through the 5-day acclimatization period.

- Days 1 & 2
 - ONE Practice allowed.
 - Only t-shirts, shorts, and helmets may be worn, and no contact activities are permitted.
- Days 3 & 4
 - ONE Practice allowed.
 - Only helmets, shoulders pads, and girdles (shell) allowed, and no person-to-person contact is permitted.
- Day 5
 - ONE Practice allowed.
 - Only helmets, shoulders pads, and girdles (shell) allowed.
 - Person-to-person contact is allowed, but full contact is not allowed.

IMPORTANT DEFINITIONS

Acclimatization - The process of gradually increasing the intensity of activity in a progressive manner that improves the body's ability to adapt to and tolerate exercise in the heat.

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Rest Breaks - This period of time occurs during practice and is a non-activity time.

Cooling Zone - An area out of direct sunlight with adequate air flow to assist in cooling. A cold-water or ice tub and ice towels should be available to immerse or soak a patient with suspected heat illness. This may be outdoors or indoors depending on proximity to field.

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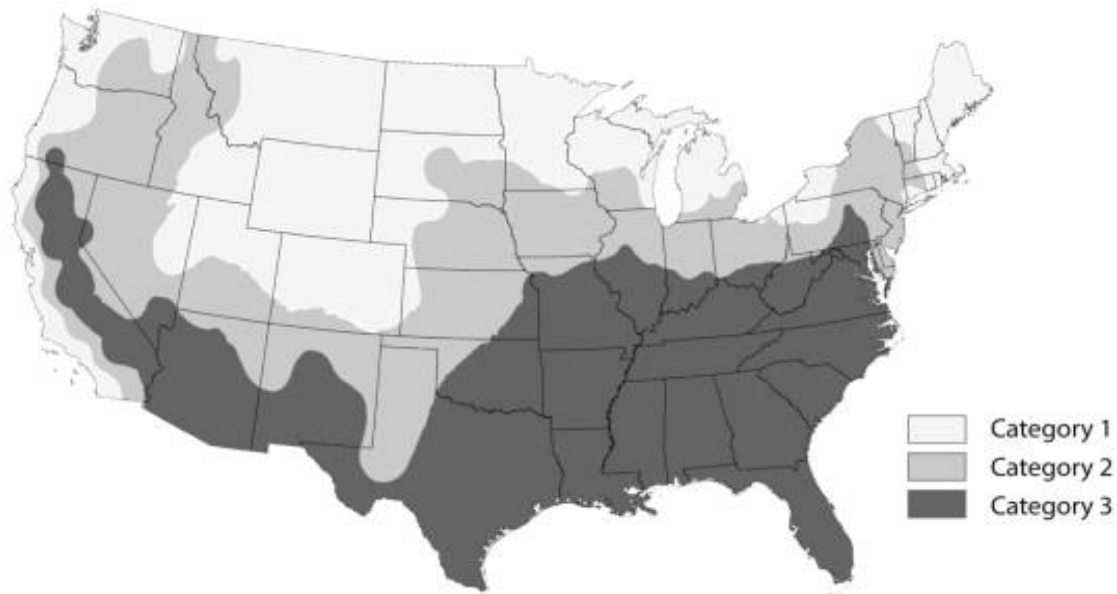
Heat Syncope - Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.

Heat Cramps - Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.

UIL Guidelines

- 1) Each athlete must have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
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- 4) The old idea that water should be withheld from athletes during workouts has no scientific foundation. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum of ten minutes be scheduled for a water break every half hour of heavy exercise in the heat. **Water should be available in unlimited quantities**. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.
- 5) Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. **Attention must be directed to replacing water - fluid replacement is essential**.
- 6) Know both the **temperature and humidity**. The greater the humidity, the more difficult it is for the body to cool itself. **Test the air prior to practice or game** using a wet bulb, globe, temperature index (WBGT Index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. A WBGT device is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during exercise. Establishing WBGT guidelines that dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures play a huge factor in helping to prevent EHS. Readings should be taken before and during every outside event or practice to

accommodate accordingly based on adopted guidelines. The map and table to follow provides a guideline for modification of activity based on the environmental conditions in each region. source: Grundstein et al. Regional heat safety thresholds for athletes in the contiguous United States. Appl. Geography. 2015.pdf



Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

- 7) Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **Never use rubberized clothing.**
- 8) Athletes should **weigh** each day before and after practice and **weight charts checked**. Generally a three percent weight loss through sweating is considered safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
- 9) Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight, and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.
- 10) Teams that encounter hot weather during the season through travel or following an unseasonable cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
- 11) Know what to do in case of emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practices and prearranged procedures for obtaining medical care, including ambulance service.

Middle School Football Specific Hot Weather Policy

***NO MEDICAL STAFF AVAILABLE ***

****If a student athlete has been pulled from practice due to a heat related illness, they will not be allowed to return to practice for at least a 24 hour window. This is to allow the body to rehydrate and recover. They will also need to go through a process of re-acclimatization****

WBGT 82 °F or less

Acclimatization Period	Post-Acclimatization	*Practice will not exceed 2 hours
Days 1-2: Shirts/Shorts/Helmet Only Day 3-5: ½ Shell	Acceptable Attire: Full Pads, ½ Shell, Shirts/Shorts/Helmet Only	
Provide a minimum of <u>(2) 5 minute rest break/water break every hour</u> during practice		

- **Preventative measures:**
 - Unrestricted access to water at all times
 - Set up a 'cool zone' for rest breaks/water breaks
 - Canopies and fans/misters are a great addition for cool zones
 - Cold water towels available at designated locations
 - **Cold water immersion area in case of emergency**
 - **Designated indoor 'cool zone' in case of emergency**

WBGT: 82.2 °F - 86.9 °F

Acclimatization Period	Post-Acclimatization	*Practice will not exceed 2 hours
Days 1-2: Shirts/Shorts/Helmet Only Day 3-5: ½ Shell	Acceptable Attire: Full Pads, ½ Shell, Shirts/Shorts/Helmet Only	
Provide a minimum <u>(2) 5 minute rest break/water break every hour</u> during practice		

- **Preventative measures:**
 - Unrestricted access to water at all times
 - Set up a 'cool zone' for rest breaks/water breaks
 - Canopies and fans/misters are a great addition for cool zones
 - Cold water towels available at designated locations
 - **Cold water immersion area in case of emergency**
 - **Designated indoor 'cool zone' in case of emergency**

WBGT: 87.1 °F - 90 °F

Acclimatization Period		Post-Acclimatization	*Practice will not exceed 2 hours
Days 1-2: Shirts/Shorts/Helmet Only Day 3-5: ½ Shell		Start in Zone: Helmet/Shoulder Pads/Shorts or Shirt/Helmet Only Move into Zone: Helmet/Shoulder Pads/Pants	
Provide a minimum (3) 5 minute rest/water break every hour during practice			

- **Preventative measures:**

- Unrestricted access to water at all times
- Set up a 'cool zone' for rest breaks/water breaks
 - Canopies and fans/misters are a great addition for cool zones
- Decreased repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workouts without penalties or repercussions
- Conditioning will be completed without shoulder pads and will not exceed 10 minutes
- Cold water towels available at designated locations
- **Cold water immersion area in case of emergency**
- **Designated indoor 'cool zone' in case of emergency**

WBGT: 90.1 °F – 91.9 °F**No outdoor workouts. Delay practice until a cooler WBGT is reached**

Hot Weather Policy For All Other Middle School Sports

***NO MEDICAL STAFF AVAILABLE ***

****If a student athlete has been pulled from practice due to a heat related illness, they will not be allowed to return to practice for at least a 24 hour window. This is to allow the body to rehydrate and recover. They will also need to go through a process of re-acclimatization****

WBGT: 86.9 °F or less

Practice will not exceed 3 hours

- **Preventative measures:**
 - Unrestricted access to water at all times

WBGT: 87.1 °F - 90 °F

***Practice will not exceed 2 hours**

Provide a minimum (3) 5 minute rest/water break every hour during practice

- **Preventative measures:**
 - Unrestricted access to water at all times
 - Set up a 'cool zone' for rest breaks/water breaks
 - Canopies are a great addition for cool zones
 - It is **advised** to complete conditioning indoors
 - Decreased repetitions and practice for overweight individuals
 - Asthmatic athletes may remove themselves from workouts without penalties or repercussions
 - **Designated indoor 'cool zone' in case of emergency**
- **Cross Country:** Should remain on campus and be closely supervised by coaches

WBGT: 90.1 °F - 91.9 °F

No outdoor workouts. Delay practice until a cooler WBGT is reached

Hot Weather Procedures for Games & Scrimmages

Due to commitments with other school districts and with officials, it is extremely difficult to cancel games without disrupting the working relationships with other districts and the officials' association. The following measures will be taken according to the level of competition.

These guidelines should not outweigh common sense and professional responsibility. If conditions are unsafe for participation for any reason, postponing the event should be discussed among athletic trainers, coaches, administrators, and referees.

7th and 8th Grade Games and Scrimmages:

- An Emergency Medical Technician (EMT) or Athletic Trainer will be present at each game or scrimmage.
- Coaches and medical personnel should monitor the WBGT carefully and take appropriate measures to ensure that athletes do not become overheated. This would include plenty of water, cold wet towels/sponges, ice, and adequate rest and close monitoring for symptoms of heat exhaustion or heat stroke of each athlete.
- If needed, the coaches and medical personnel should gain approval from the officials and the other team for additional timeouts and longer half time breaks.