



GRANBURY ISD ATHLETICS DEPARTMENT

2000 W. Pearl St.
Granbury, TX 76048
817-408-4020



ATHLETIC WEATHER POLICIES

HEAT POLICY

Practice or competition in hot and humid environmental conditions poses special problems for student-athletes. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. GRANBURY ISD has implemented an excessive heat policy to protect its student-athletes and provide benchmarks for sponsors and coaches to adhere to.

Heat Index Below 100 F (MS BELOW 90 F)

- Access to water at all times
- Cooling Stations
- No clothing restrictions

Heat Index 100 F-105 F (MS 90 F-95 F)

- Access to water at all times with frequent breaks
- Cooling Stations
- Students may remove headgear at any time when not in active participation
- Break every 20-30 minutes

Heat Index 106 F-110 F (MS 96 F – 100 F)

- Shorts/Shoulder Pads/ Helmets Only (Football)
- Access to water at all times with frequent breaks
- Cooling Stations
- Students may remove headgear at any time when not in active participation
- Break every 20 minutes
- NO OUTSIDE CONDITIONING

Heat Index 111 F-115 F (MS 101 F – 105 F)



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- Shorts/Shirts/Helmets ONLY (Football)
- Access to water at all times with frequent breaks
- Cooling Stations
- Students may remove headgear at any time when not in active participation
- Limit practice to 45-minute sessions/break for 15 minutes
- NO OUTSIDE CONDITIONING

Heat Index 115 F-119F (106 F – 110 F)

- No Headgear
- No OUTSIDE ACTIVITIES EXCEEDING 30-minute sessions
- NO OUTSIDE CONDITIONING

Heat Index ABOVE 120 F (MS 111 F ABOVE)

- NO OUTSIDE ACTIVITIES
- INSIDE PRACTICE ONLY

COLD WEATHER POLICY

GRANBURY ISD has implemented a cold weather policy to protect its student-athletes and provide benchmarks for sponsors and coaches to adhere to.

Wind Chill Factor 33 to 35 degrees (W/Precipitation):

- 35 minutes of exposure/20 minutes inside (may return outside after 20 minutes)
- 35 minutes exposure/20 minutes inside
- Dry clothing (socks, gloves) • Athletes must be dressed in warm-ups with extremities covered

Wind Chill Factor 32 Degrees or Below (W/Precipitation):

- All activities will be inside
- No outside exposure

Wind Chill Factor Under 33 to 35 degrees (Dry)

- 45 minutes exposure/ 15 minutes inside



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- 15 minutes inside for re-warming
- Athletes must be in warm-ups with extremities covered Wind Chill Factor 32 to 26 Degrees (Dry):
- 30 minutes of total exposure to chill factor
- 15 minutes inside for re-warming
- Warm-ups must be worn at all times, and extremities covered

Wind Chill Factor 25 F or Below

- No OUTSIDE activity