

GRANBURY ISD ATHLETICS DEPARTMENT
2000 W. Pearl St. Granbury, TX 76048
817-408-4020

Granbury ISD Weather Policy - Heat Policy & Heat Illness Guidelines

As of the 2026-2027 school year, the UIL WBGT (Wet Bulb Globe Temperature) guidelines are expected to be requirements for all member schools.

ZONES	UIL WBGT Activity Guidelines
<u>Zone 1</u> <82.0 F	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout. Closely monitor new or unconditioned athletes and all athletes in extreme exertion. HAVE COLD-WATER IMMERSION TUB or TARP ON SITE FOR PRACTICE.
<u>Zone 2</u> 82.0-86.9 F	Use discretion for intense or prolonged exercise; Provide at least 3 separate rest breaks each hour with a minimum duration of 4 min each. All athletes should be under constant supervision. HAVE COLD-WATER IMMERSION TUB or TARP ON SITE FOR ALL Activity.
<u>Zone 3</u> 87.0-90.0 F	Maximum practice time is 2 hours. <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 w/out having to change. <u>For all Sports:</u> Provide at least 4 separate rest breaks each hour with a minimum duration of 4 min each. No extra conditioning. HAVE COLD-WATER IMMERSION TUB or TARP ON SITE FOR ALL Activity.
<u>Zone 4</u> 90.1-92.0 F	Maximum practice time is 1 hour. <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. All athletes must be under constant observation and supervision. HAVE COLD-WATER IMMERSION TUB or TARP ON SITE FOR ALL Activity.
<u>Zone 5</u> ≥ 92.1	No Outdoor Workouts. Delay practices until a cooler WBGT is reached.

The WBGT is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration the temperature and humidity and is calculated for shady areas

Schools are required to monitor and document heat stress conditions for all outdoor athletic and marching band activities. The UIL heat stress protocols establish clear standards for when and how practices must be modified based on real-time WBGT readings consistent with guidelines from the American College of Sports Medicine.

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Practices Not Games: These heat protocols apply only to practice sessions and do not apply directly to UIL competitions, but schools are strongly encouraged to monitor WBGT conditions prior to and during games and maintain appropriate emergency action plans for high temperature and humidity.

Practice means any coach-led, school-approved sport or band conditioning activity. This includes the time from when they arrive at the practice area to when they leave.

Heat emergencies that include onsite rapid cooling using cold-water immersion or equivalent means.

Heat Stroke - This is a medical emergency. **ANY DELAY COULD BE FATAL.**

***Rapid cooling zones** are required to have immediate availability of cold-water immersion tubs or tarps that can be filled with ice and water and wrapped around individuals to rapidly cool internal body temperature (TACO method) and are encouraged to include a combination of the following options: ice sponges, towels, water misters, and shade

Treatment Steps for Exertional Heat Stroke:

1. Remove all equipment and excess clothing.
2. Cool the athlete as quickly as possible **within 30 minutes** via whole body ice water immersion (place them in a tub/stock tank with ice and water approximately 35-58°F); stir water and add ice throughout the cooling process.
3. If immersion is not possible (no tub or no water supply), tarps filled with ice and wrapped around individuals to rapidly cool internal body temperature (TACO method) and are encouraged to include a combination of the following options: ice sponges, towels, water misters, and shade.
4. Maintain airway, breathing and circulation.
5. After cooling has been initiated, activate the emergency medical system by calling 911. **COOL FIRST, THEN TRANSPORT**
6. Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure, monitor CNS status. *If rectal temperature is not available, DO NOT USE AN ALTERNATE METHOD (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in the heat.*
7. Cease cooling when rectal temperature reaches 101-102°F (38.3-38.9°C).

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Additional Information for Football Athletes:

- All pre-season football practices shall begin with a **five (5) day acclimatization period** for all participants. Every football athlete trying out for the team needs to go through this process.
- During the four (5) day acclimatization period and subject to the rules as noted below, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities/equipment permitted, including helmets.
- During the five (5) day acclimatization period,
 - ❖ **Days one and two (1-2):** helmets shall be the only piece of contact/protective equipment student athletes may wear.
 - ❖ **Days three and four (3-4):** helmets, shoulder pads, padded girdles, but no contact drills or team contact permitted.
 - ❖ **Day (5):** helmets, shoulder pads, padded shells, but person to person contact drills are allowed. No full contact team activities are permitted.
- During the five (5) day acclimatization period, no full contact activities are permitted.

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