

Attention Coaches and all athletic personnel of Duncanville ISD: As we transition into for strength & conditioning activities this summer and the 2024/25 school year, the Duncanville ISD Sports medicine department would like to bring your attention to the revised recommended heat protocols for outdoor UIL athletic & marching band activities. This protocol was developed based on the recommendations of the American College of Sports Medicine and will be in place as a recommendation for this summer and the upcoming 2024/25 school year.

1. In 2023, the UIL approved **Wet Bulb Globe Temperature (WBGT)** as the recommended forecast measurement to be used to monitor environmental conditions during outdoor physical activities. WBGT estimates the effect of temperature, relative humidity, wind speed, and solar radiation using a combination of temperatures from three thermometers.

The below table represents modified guidelines from the American College of Sports Medicine regarding:

- The scheduling of practices at appropriate WBGT levels
- The ratio of workout time to time allotted for rest and hydration at various WBGT levels
- The WBGT levels at which activities should be terminated

WBGT Reading	Level	Practice Hours	Activity and Break Guidelines	Fluids
Under 82.0	Green	Resume normal activities	Normal activities-Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout	Water or electrolyte drinks
82.0 – 86.9	Yellow	Use discretion for intense or prolonged exercise; watch at-risk players carefully	Provide at least three separate rest breaks each hour of a minimum of four minutes duration each	Water or electrolyte drinks
87.0 – 89.9	Orange	Maximum practice time is two hours	For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each	Water or electrolyte drinks
90.0 – 92.0	Red	Maximum length of practice is one hour	No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice	Water or electrolyte drinks
Over 92.1	Black	No outdoor workouts	Cancel exercise; delay practices until a cooler WBGT reading occurs	Water or electrolyte drinks

2. WBGT Means and Methods of Measurement when practices are outside in WBGT of 80.0 or higher

Before each workout or practice, a member of the sports medicine staff will use a scientifically approved instrument measure Wet Bulb Globe Temperature (WBGT). The temperature will be 15 minutes before workouts and measured every 30 mins during activity.

When there's a change in WBGT from one level to the next, responsible modifications to practice activities will be made based on the above WBGT Activity Guidelines.

3. Cooling zones will be provided on site for each outdoor athletic and marching band practice, workout, or competitions that is held in wet bulb globe temperatures (WBGT) of 80 degrees or higher.

- Cooling zones will include immediate availability of cold-water immersions tubs or tarps that can be filled with ICE and water and wrapped around an individual experiencing heat related illness. A cold whirlpool will be available in the athletic training room.
- Tents and misting fans will also be available in the designated cooling zones as well.
- Unlimited access to Cold drinking water will be made assessable to all students with the use of water bottles and water hydration systems.
- Cold towels with ammonia spirit will also be made available for those athletes showing signs and symptoms of heat illness.

It is imperative that we remain diligent regarding the prevention and recognition of heat illness. Child safety is not just the responsibility of the athletic trainer, but it is the responsibility every single person working with the student athletes of this school district.

Thank you,

Alec Hawkins

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