

# Waxahachie ISD Athletics Cold Weather Guidelines

## ADMINISTRATIVE REGULATION: OUTDOOR COMPETITION IN EXTREME COLD WEATHER

Games postponed due to cold weather will be determined on a case by case basis by Waxahachie ISD Administration, Sports Medicine and coaches. Consideration for postponement should take place under these conditions.

- Wind Chill falls below 25° F with precipitation.
- Wind Chill falls below 20° F in dry conditions.

## High School Athletic Practice Guidelines

<b>Wind Chill Factor</b>	<b>Dry Conditions</b>	<b>Precipitation</b>
Wind Chill <b>25° F or LOWER</b>	<ul style="list-style-type: none"> <li>• 20 MINUTES MAXIMUM OUTSIDE</li> <li>• <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u></li> </ul>	<ul style="list-style-type: none"> <li>• ALL PRACTICES WILL BE INSIDE</li> <li>• NO OUTSIDE EXPOSURE</li> </ul>
Wind Chill <b>26° - 30° F</b>	<ul style="list-style-type: none"> <li>• 45 MINUTES MAXIMUM OUTSIDE</li> <li>• <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u></li> </ul>	
Wind Chill <b>31° - 32° F</b>	<ul style="list-style-type: none"> <li>• 75 MINUTES MAXIMUM OUTSIDE</li> <li>• <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u></li> </ul>	<ul style="list-style-type: none"> <li>• PRACTICE START 20 MINUTES INSIDE</li> <li>• 1/2 OF PLANNED PRACTICE OUTSIDE NOT TO EXCEED 1 HR (AFTER INITIAL 20 MINUTES INSIDE)</li> </ul>
Wind Chill <b>33° - 35° F</b>	<ul style="list-style-type: none"> <li>• NO LIMITATION</li> <li>• <u>ATHLETES SHOULD BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u></li> </ul>	<ul style="list-style-type: none"> <li>• <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u></li> </ul>

## Junior High Athletic Practice Guidelines

<b>Wind Chill Factor</b>	<b>Dry Conditions</b>	<b>Precipitation</b>
Wind Chill <b>30° F or LOWER</b>	ALL PRACTICES WILL BE INSIDE NO OUTSIDE EXPOSURE	
Wind Chill <b>31° F or above</b>	<ul style="list-style-type: none"> <li>• NO LIMITATION</li> <li>• <u>ATHLETES SHOULD BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY</u></li> </ul>	<ul style="list-style-type: none"> <li>• PRACTICE START 20 MINUTES INSIDE</li> <li>• 30 MINUTES MAXIMUM OUTSIDE</li> <li>• <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY</u></li> </ul>

## Waxahachie ISD Athletics Hot Weather Guidelines

<b>WBGT Index (F)</b>	<b>Athletic Activity Guidelines</b>
Less than 80	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest/ water breaks (5 min water/rest break every 30 min)
80 – 84.9	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes in extreme exertion. Schedule mandatory rest/water breaks. (5 min water/rest break every 25 min)
85 – 87.9	New or unconditioned athletes should have reduced intensity practice and modifications in clothing. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest/water breaks. (5 min water/rest break every 20 min) HAVE COLD OR ICE IMMERSION POOL ON SITE FOR PRACTICE.
88 – 89.9	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest/ water breaks. (5 min water/rest break every 15 min) HAVE COLD OR ICE IMMERSION POOL ON SITE FOR PRACTICE.
90 or above	SUSPEND PRACTICE / MUST INCLUDE MANDATORY BREAKS AS DIRECTED BY GAMEDAY ADMINISTRATION DURING CONTEST.

The WetBulb Globe Temperature (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.

# WAXAHACHIE ISD LIGHTNING SAFETY GUIDELINES

1. Athletic teams will go inside to shelter because of lightning when the lightning has been detected within a radius of 8 miles surrounding the activity area. If at WHS, the weather station atop the softball press box will have a flashing light when lightning is detected in the 8 mile radius.
2. The WISD Sports Medicine Staff or designee chosen by the Athletic Director as responsible for informing coaches when it is unsafe if he or she is onsite at the activity.
3. The WISD Sports Medicine Staff will use Pocket Perry, the Flash to Bang Method, reports from radio, television, and internet to determine the severity of approaching storms with lightning and their danger. If necessary, reports from available meteorologists may be also used.
4. Upon confirmation from the athletic trainer of an unsafe area, coaches will escort their teams to shelter indoors.
5. Return to play will be considered after there is no lightning strike detected in a thirty minute time span within a radius of 8 miles surrounding the practice/competition site.
6. In a competition situation, the WISD Director of Sports Medicine (if onsite) or designee (if not onsite) will be responsible for informing officials, the Athletic Director, the coaches, the teams and the opponents officials if he/she has detected approaching storms and lightning to be unsafe for play.
7. The WISD Director of Sports Medicine will be responsible for communication concerning suspension of game activity to appropriate WISD administration.