

LEISD ATHLETIC DEPARTMENT

HOT WEATHER 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. The following practices should be observed.

General Considerations for Risk Reductions

1. Encourage proper education regarding heat illnesses (for athletes, coaches parents, 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. Assure that onsite medical staff has 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 condition.

General Guidelines:

1. A complete medical history and physical exam must be performed prior to participation.
2. Gradual acclimatization of the athlete to hot/humid conditions is a must. We advise that student athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of 7 to 10 days to achieve acclimatization.
3. Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During acclimatization process, student athletes should practice in T-shirts, shorts, socks and shoes. (Rubberized or sweat inducing suits should never be worn)
4. To identify heat stress conditions, regular measurements of environmental conditions will be taken daily.
LEISD will use *Pocket Perry Weather Monitoring System*.

Specific Guidelines:

Heat index of less than 100 degrees:

- No Restrictions

Heat Index of 100-105 degrees:

Unrestricted access to water at all times. Asthmatic athletes may remove themselves from workout without penalties or repercussions. *Pocket Perry Weather Monitoring Phone App* will alert users when Heat Index is 105° F at their set location if the user has notifications turned on within the application.

- Move football practice indoors (if in full pads)
- Football attire (if outdoors): shells (t-shirt, shoulder pads, helmets, and shorts)
- ALL Outdoor workouts limited to 2 hours, 10 minute break every 45 minutes.
- Junior High workouts limited to 1½ hours, 10 minute break every 30 minutes.
- Cross Country must stay on campus; limit runs to ½ normal length.
- Conditioning must take place indoor.
- Athletes may remove helmets if not actively participating.

Heat Index of 106-110 degrees:

Unrestricted access to water at all times. Asthmatic athletes may remove themselves from workout without penalties or repercussions.

- High School workouts limited to 1 ½ hours, 15 minute break every hour
- Light colored shorts, t-shirts, no extraneous gear (helmets, pads, catcher's gear, shin guards, etc.)
- No Junior High outdoor workouts
- Cross Country on Campus -1/4 normal length, 10 minute indoor breaks,
- Unrestricted access to water at all times
- Extra conditioning/running cancelled
- Decrease repetitions and practice for overweight individuals

Heat Index of Greater than 110 degrees:

- No outdoor workouts on any level

For more information, see UIL Health and Safety – Heat Stress and Athletic Participation Guidelines.

www.uiltexas.org/health/info/heat-stress-and-athletic-participation

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