



Lovejoy ISD Athletic Department Weather Policy Hot/Heat Index 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.

A. 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.

B. General Guidelines:

1. An initial complete medical history and physical exam.
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 seven 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 the acclimatization process, student athletes should practice in T-shirts, shorts, socks and shoes (helmets are allowed in football).

4. Heat Index or actual temperature at the start of practice determines the policy for that practice. Practices will be shortened due to a rise in the heat index or actual temperature.

5. To identify heat stress conditions, measurements of environmental conditions will be taken daily. At the practice time, on the practice field, LISD athletic trainers will use Earth Network Thermal Indicator to monitor the heat index and the actual temperature. Earth Networks systems keep athletes, athletic staff, and community members safe with 50% more lead time compared to freely available alerts. The Lovejoy ISD Athletic Department has installed the Earth Networks Audible Outdoor Horn keeping everyone informed of local weather conditions. For more information on the Earth Networks System, visit their web site @ www.earthnetworks.com

C. Specific Guidelines- Lovejoy ISD Athletic Training Staff will determine, in coordination with Lovejoy's Earth Network System, the proper heat index levels for safe practices and games.

Wet Bulb (WBGT) Under 82.0:

Normal Activities -- Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each during the workout

Wet Bulb (WBGT) 82.0-86.9:

Use discretion for intense and prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.

HIGH SCHOOL FOOTBALL

➤ Helmet and shoulder pads off when conditioning.

MIDDLE SCHOOL FOOTBALL

➤ Helmet and shoulder pads off when conditioning.

Wet Bulb (WBGT) 87.0-89.9

Maximum practice time is 2 hours

Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each

HIGH SCHOOL FOOTBALL:

- Restricted to helmet, shoulder pads, and shorts during practice, and all other protective equipment must be removed during conditioning activities.

MIDDLE SCHOOL FOOTBALL

- Shorts, T-Shirts, Light Colors, no padded equipment, outside-30 min. exposure / 15 min. breaks, Unrestricted access to water at all times. Tents/Shaded indoors, all conditioning indoors.

Wet Bulb (WBGT) 90.0-92.0:

Maximum practice time is 1 hour.

There must be 20 minutes or rest breaks distributed throughout the hour of practice.

HIGH SCHOOL FOOTBALL

- No protective equipment may be worn during practice, and there may be **NO conditioning activities.**

MIDDLE SCHOOL FOOTBALL

- No protective equipment may be worn during practice, and there may be **NO conditioning activities.**

Wet Bulb (WBGT) over 92.1

NO outdoor workouts. Delay practice until a cooler WBGT level is reached.

- **Athletic Trainer / Athletic Director Discretion – ALL HIGH SCHOOL & MIDDLE SCHOOL ACTIVITIES.**

Lovejoy ISD Athletic Department Cold Weather Policy

Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, occurs with rapid cooling, exhaustion and energy depletion. The resulting failure to the temperature = regulating mechanisms constitutes a medical emergency.

Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30-50 degree exposure may be as serious as a sub zero exposure. For this reason Lovejoy ISD is developing a cold policy using the wind chill factor not the ambient temperature. Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and clothing are wet (whether from sweat, rain, snow, or immersion), the cooling is even more pronounced due to evaporation of the water held close to the skin by the wet clothing.

Clothing is one of the most important parts of keeping the athlete's body war. Athletes should dress in layers and try to stay dry. Layers can be added or removed depending on temperature, activity and wind chill. Athletes should layer themselves with wicking fabric next to the body, followed by a lightweight pile or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss; therefore the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.

Cold Exposure:

- Breathing of cold air can trigger asthma attacks (bronchospasm).
- Coughing, chest tightness, burning sensation in throat and nasal passage.
- Reduction of strength, power, endurance, and aerobic activity.
- Core body temperature reduction, causing reduction of motor output.

Cold Recognition:

- ☐ Shivering, a means for the body to generate heat.
- ☐ Excessive shivering contributes to fatigue, loss of motor skills.
- ☐ Numbness and pain in fingers, toes, ears, and exposed facial tissue.
- ☐ Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented.

Chain of Command:

The following chain of command will occur.

Notification of temperature:

- ☐ Coaches will obtain a weather report from Earth Networks.
- ☐ The weather report will be taken at 7:00 am for morning workouts, and 3:00 pm for afternoon workouts.
- ☐ The wind chill of the day will determine which protocol will be followed.
- ☐ Wind chill readings will be taken before teams leave for traveling for competitions, and an hour by hour report will guide our decisions for the event.

Enforcement of Policies:

- ☐ Head Coach / Staff Athletic Trainers will monitor time of exposure.
- ☐ Staff Athletic Trainers will report any policy violations to the Boys/Girls Coordinator.
- ☐ Boys/Girls Coordinator will meet with the Head Coach on enforcement of policy.
- ☐ Violations of policies will be reported to the Athletic Director in writing.

High School Athletic Cold Policy: PRACTICE:

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

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

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

- ☐ All activities will be inside - No outside exposure.

Wind Chill Factor under 31 to 32 degrees (Dry):

- ☐ 45 minutes exposure/ 15 minutes inside. Athletes must be in warm-ups with extremities covered.

Wind Chill Factor 26 to 30 Degree (Dry):

- ☐ 30 minutes of total exposure to the chill factor, 15 minutes inside for re-warming, warm-ups must be worn at all times, extremities covered.

Wind Chill Factor of 25 degrees:

- ☐ No outside activity - All work must be inside.

Middle School athletic Cold Policy; PRACTICE:

- ☐ Same as High School Athletic Cold Policy.

Cold Policy—GAMES

Games to be postponed due to cold weather will be determined on a case by case basis by the Athletic Director. Postponed games to be re-scheduled will be determined by the Head Coach of that sport as well as the Athletic Director. A game date will be considered for rescheduling if the wind chill is below 28.

School Day Cancellation— full day: No travel or practice unless approved by the Athletic Director or the Principal. **School Day Early Dismissal—deteriorating weather conditions**

School Day Early Dismissal—deteriorating weather conditions: Practice must be approved by the Director of Athletics or the Principal. If approved, practices should be over at 5:00pm.