

Heat Weather Guidelines

Starting in August, outdoor athletic practices are conducted in very hot and humid weather. Many factors contribute to athletes experiencing heat related illnesses. Improper physical readiness, acclimation to the heat, excessive clothes/equipment and inadequate hydration practices are just a few. According to the American Academy of Pediatrics Committee on Sports Medicine, heat-related illnesses are all preventable.

The UIL sets the football rules governing the length of practices and there is a four day helmet/shoulder pad only period to help acclimate the athletes to the heat, before all of the football equipment is put on.

Coaches and Athletic Trainers should emphasize the importance of following the [UIL Heat Stress and Athletic Participation Recommendations.](#)

- The Perry Weather System will be used to monitor all weather conditions: Cold, Heat and Lighting
- Wet Bulb Globe Temperature will be the standard for establishing our Heat Guidelines per UIL.
- Athletic Trainers and coaches will regularly view and monitor the weather report from the Perry Weather System app prior to and during practices.
- Weather monitoring is not required on days when the temperature falls below 100°F.
- Outdoor coaches will receive a text notification by Perry Weather System when the WBGT has gone into the UIL **Phase IV** & **Phase V** for Zone 3.
- Games – Adjustments to the event will be made upon the discussion between Athletic Directors, Athletic Trainers, Coaches, and/or officials at the event.

Wet Bulb Globe Temperature (WBGT)

- WBGT takes into consideration multiple factors including air temperature, humidity, radiant energy (sun exposure) and wind speed. Considering all these factors; gives us the best picture of stress on the body during outdoor physical activity.
- WBGT should be taken at least 30 minutes before practices/games and monitored throughout the duration of the outdoor activity.
- All WBGT guidelines will be implemented and/or discontinued after a 15 minute sustained period beyond/below the threshold to eliminate ambient random changes with weather conditions.

During hot weather conditions, the athlete is subject to the following heat related illnesses:

- Heat Cramps- Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.
- Heat Syncope- Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.
- Heat Exhaustion (Water Depletion)- Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- Heat Exhaustion (Salt Depletion)- Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- Heat Stroke- An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a

high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

Heat Stroke: Medical emergency, delay could be fatal. These steps will be followed:

- Removal of equipment and excess clothing
- Cooling the athlete as quickly as possible within 20 minutes via whole-body ice water immersion and agitating the water and adding ice throughout the cooling process. Partial-body immersion with a small pool or wet ice towels rotated and placed over the entire body or cold-water dousing may be used, but not as effective as whole-body ice water immersion.
- Maintain airway, breathing and circulation
- While cooling has been initiated, activation of emergency medical system (EMS) by calling 911
- Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure
 - **Rectal thermometers** may be used by our district Athletic Trainers to diagnose and confirm that the athletes cooling temperature has reached below 102°F before athletes are transported.

UIL Wet Bulb Globe Temperature Guidelines for Zone 3

Phase I	< 82.0°F	Normal Activities <ul style="list-style-type: none"> ● Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
Phase II	82.2°F - 86.9°F	Use discretion for intense or prolonged exercise <ul style="list-style-type: none"> ● Provide at least 3 separate rest breaks each hour with a minimum duration of 4 minutes each during the workout.
Phase III	87.1°F - 90.0°F	Maximum practice duration of 2 hours <ul style="list-style-type: none"> ● <u>Football</u>: Protective equipment is limited to helmets, shoulder pads, and shoes only during practice. If the WBGT rises to this level during practice, equipment modifications do not need to be made, however the total exposure time will be adjusted. ● <u>ALL Sports/Marching Band</u>: Provide at least 4 separate rest breaks each hour with a minimum duration of 4 minutes each.
Phase IV	90.1°F - 92.0°F	Maximum practice duration of 1 hour <ul style="list-style-type: none"> ● <u>Football</u>: Athletes should be in T-shirts, shorts, and helmets only. Helmets will be allowed to be removed during breaks or instructional non-contact periods. No conditioning activities may be conducted. ● <u>ALL Sports/Marching Band</u>: There must be a minimum 20 minutes or rest breaks distributed throughout the hour of practice.
Phase V	> 92.1°F	No outdoor practices may be conducted. Delay practices until the WBGT decreases.

AHISD Athletic Department reserves the right to modify and/or cancel practices and/or games due to extreme weather conditions.