



# Spring Branch Independent School District

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**Athletics**  
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## EXTREME HOT WEATHER ATHLETIC GUIDELINES

### Considerations to reduce risk factors:

1. Staff will work to educate student-athletes and parents about heat illnesses and prevention. Instruction will include information regarding proper hydration, acclimatization, work/rest ratio, signs and symptoms of exertional heat illness, treatment, dietary supplements, nutritional issues, and fitness status.
2. When an athlete enters a football program, there is a four-day window of practice without pads before pads may be worn, during this time schools are limited to no more than one practice per day.
3. The SBISD staff, athletic trainers and coaches will modify work/break ratios, practice schedules, and the amount of equipment worn based on the SBISD Heat Policy and UIL Guidelines.
4. Athletes will have unrestricted access to unlimited amounts of cold water. Appropriate hydration before, during, and after physical activity is integral to healthy, safe and successful sports participation.
5. Athletes will be allowed to remove themselves from workouts as needed.
6. Coaches of indoor sports will modify outdoor workouts accordingly with a heat index greater than 93 degrees.
7. All practice schedules will be submitted to the SBISD athletic office for review and approval.

Heat Index for Indoor Sports	Heat Index for Outdoor Sports	
Less 93	Less 100	No Mandatory Restrictions
93-97	100-104	<ul style="list-style-type: none"> <li>• Outdoor Workout limited to 2 hours total, every 30 minutes of work athletes will have a minimum of a 10 minute break as a team.</li> <li>• Cross Country must stay on campus, limit runs to ½ - of normal length.</li> <li>• Tennis will be limited to 90 minutes of practice total with 10 minute breaks every 30 minutes</li> <li>• Athletes are allowed to remove helmets if not actively participating.</li> </ul>
98-102	105-109	<ul style="list-style-type: none"> <li>• Outdoor High School workouts limited to 90 minutes total, every 20 minutes of work athletes will have a minimum of 10 minute break as a team.</li> <li>• A 10 minute break should precede all conditioning for high school and conditioning should take place without helmets, shoulder pads and not exceed 10 minutes.</li> <li>• Middle School workouts limited to 60 minutes total, every 20 minutes of work athletes will have a minimum of 10 minute break as a team.</li> <li>• Middle School off-season conditioning should be moved indoors.</li> <li>• Extra conditioning/running cancelled for all levels.</li> <li>• Decrease repetitions and practice for overweight individuals.</li> <li>• Tennis workouts will be limited to 90 minutes total with 10 minute breaks every 15 minutes.</li> <li>• Cross Country must stay on campus, limit outdoor activities to ¼ of normal length.</li> </ul>
103-107	110-114	<p>Middle School workouts will be moved indoors.</p> <ul style="list-style-type: none"> <li>• Shorts and t-shirts, helmets for high school outdoor workouts.</li> <li>• Practice shortened to 90 minutes total for high schools, a break of 10 minutes will be given every 15 minutes of work.</li> <li>• Off- season conditioning should take place indoors</li> <li>• Decrease repetitions and practice for overweight individuals</li> <li>• Cross Country and Tennis practice will be shortened to 45 - 60 minutes with 10 minute breaks every 15 minutes.</li> </ul>
Greater than 108	Greater than 115	No workouts for all sports.