

## Extreme Hot Weather Athletic Guidelines

1. SBISD Athletic department will use all available resources to monitor severe weather activity. Such resources include: weather apps, local weather internet sites, on-site thermometers, and local school campus weather information.
2. At the middle school level and any site without an athletic trainer, the CAC can use the following approved websites to monitor weather.
  - o <https://weather.com/>
  - o <https://www.weatherbug.com>
  - o [OSHA-NIOSH Heat Safety Tool App | NIOSH](#)
  - o [Weather Underground: Local Weather Forecast, News and Conditions](#)
3. The SBISD staff, athletic trainers and coaches will modify work/break times, practice schedules, and the amount of equipment worn based on the SBISD Heat Policy and UIL Guidelines which includes but is not limited to Wet Bulb Globe Temperature, Air Quality Index and Ozone levels.
4. **A variety of playing surfaces absorb and emit heat differently. Therefore, more extreme modifications may be necessary for surfaces such as synthetic turf, hard courts for tennis, etc.**
5. In severe hot weather situations, a district-wide email will be sent out by the Executive Athletic Director announcing outdoor activity strategies.

Heat Index for Indoor Sports for Practicing Outside	Heat Index for Outdoor Sports	
Less 93	Less 100	No mandatory restrictions
93-97	100-104	<p><b><u>High School</u></b></p> <ul style="list-style-type: none"> <li>Outdoor practices should take place on campus and are limited to 120 total minutes, which includes a maximum of 30 minutes of activity followed by a minimum 10 minute team break</li> <li>Tennis practice will be limited to 90 total minutes outdoors, which includes a maximum of 35 minutes of activity followed by a minimum of a 10 minute team break <b>(Refer to #4 above)</b></li> <li>Athletes should remove helmets if not actively participating</li> <li>Athletes will be given unlimited access to water</li> </ul> <p><b><u>Middle School</u></b></p> <ul style="list-style-type: none"> <li>Outdoor practices are limited to 90 total minutes, which includes a maximum of 35 minutes of activity followed by a minimum 10 minute team break</li> </ul>
98-102	105-109	<p><b><u>High School</u></b></p> <ul style="list-style-type: none"> <li>Outdoor practices should take place on campus and are limited to 90 total minutes, which includes a maximum of 20 minutes of activity followed by a minimum 10 minute team break</li> <li>Tennis practice will be limited to 90 total minutes outdoors, which includes a maximum of 20 minutes of activity followed by a minimum 10 minute team break <b>(Refer to #4 above)</b></li> <li>After the 90 minute practice is over, all extra outdoor conditioning/running is cancelled</li> <li>Decrease repetitions and practice for individuals with special medical conditions (asthma, diabetes, etc.)</li> <li>Athletes will continue to be given unlimited access to water and more frequent breaks</li> </ul> <p><b><u>Middle School</u></b></p> <ul style="list-style-type: none"> <li>Outdoor practices are limited to 60 total minutes, which includes a maximum of 20 minutes of activity followed by a minimum 10 minute team break</li> <li>Off-season conditioning should be moved indoors</li> </ul>
103-107	110-114	<p><b><u>High School</u></b></p> <ul style="list-style-type: none"> <li>Outdoor practices should take place on campus and are limited to 90 total minutes, which includes a maximum of 15 minutes of activity followed by a minimum 10 minute team break</li> <li>Tennis practice will be limited to 65 total minutes outdoors, which includes maximum of 15 minutes of activity followed by a minimum 10 minute team break <b>(Refer to #4 above)</b></li> <li>Off- season conditioning should take place indoors</li> <li>Shorts, t-shirts, and helmets for high school football outdoor practices</li> <li>Decrease repetitions and practice for individuals with special medical conditions (asthma, diabetes, etc.)</li> <li>Athletes will continue to be given unlimited access to water and more frequent breaks</li> </ul> <p><b><u>Middle School</u></b></p> <ul style="list-style-type: none"> <li>Practices will be moved indoors</li> </ul>
Greater than 108	Greater than 115	No outside workouts for all sports

\*\*\*\*A team break constitutes all members seated in a shaded area or air conditioned room, removing all unnecessary equipment (example: helmet, shoulder pads, etc.) and having unlimited access to water for the minimum suggested break time stated above.