

# CISD Heat Policy

Specific heat conditions will determine activity restrictions during practice according to the following:

## **100 degree temperature and/or a heat index of 110 degrees**

### Football

Football teams in shorts and shoulder pads, with water breaks occurring every 30 minutes. Each break will be 5 minutes of total rest time with helmets off. Practice will not exceed 2 hours of total heat exposure. Open water policy during the entire practice.

Full pad workouts will have water breaks every 20 minutes. Each break will be 5 minutes of total rest time with helmets off. Practice will not exceed 1.5 hours of total heat exposure. Open water policy during the entire practice. Athletes should be allowed to remove helmets while not in contact drills.

### Cross Country Workouts/Men's and Women's Track

Long distance runners have to stay on campus and/or within a park where they can be seen by the coaches. Athletes cannot run routes where a coach cannot see the athletes running. Water breaks will occur every 30 minutes with a 5 minute total rest time. Practice will not exceed 2 hours of total heat exposure. Track and field athletes will take a 5 minute break every 30 minutes, and athletes should be off of their feet during the breaks.

### Baseball, Softball, Soccer, and Tennis

Players will be required to take a water break every 30 minutes with 5 minutes of total rest time. Practice will not exceed 2 hours of total heat exposure.

### Marching Band

Marching band will be in practice t-shirts and shorts, with water breaks occurring every 30 minutes. Each break will be 5 minutes of total rest time. Outdoor practice will not exceed 2 hours of total heat exposure. Open water policy during the entire practice.

### Offseason programs

45 minutes of total heat exposure with 1 water break during this time.

## **105 degrees or 115 heat index**

### Football

Shorts and shoulder pad practices only. Breaks will occur every 20 minutes. Breaks will be 5 minutes of total rest time. Workout will be limited to 2 hours of total heat exposure. A 1 minute station break every 2 five minute periods. Athletes will stay at the station where they are working. Staff and student athletic trainers will water the athletes.

### **\*\*Middle School Football**

No outside practice when the temperature exceeds 105 degrees. Abide by the high school policy for 100 degree temperature at all other practices.

### Cross Country Workouts/Men's and Women's Track

Runners have to stay on campus and/or within a park where they can be seen by the coaches. Athletes cannot run routes where a coach cannot see the athletes running. Water breaks will occur every 20 minutes with a 5 minute total rest time. Practice will not exceed 2 hours of total heat exposure.

### Baseball, Softball, Soccer, and Tennis

Players will be required to take a water break every 20 minutes with 5 minutes of total rest time. Practice will not exceed 2 hours of total heat exposure.

## Marching Band

Marching band will be in practice shirts and shorts, with water breaks occurring every 20 minutes. Each break will be 5 minutes of total rest time. Outdoor practice will not exceed 2 hours of total heat exposure. Open water policy during the entire practice.

## Offseason programs

30 minutes of total heat exposure with 1 water break during this time.

### **107 degrees or 117 heat index**

## Football

Shorts, shirts, and helmets only. Breaks will occur every 20 minutes. Workouts will be limited to 1.5 hours of heat exposure. Open water policy during the entire workout.

## **\*\*Middle School Football**

No outside practice when the temperature exceeds 105 degrees. Abide by the high school policy for 100 degree temperature at all other practices.

## Cross Country Workouts/Men's and Women's Track

Runners have to stay on campus and/or within a park where they can be seen by the coaches. Athletes cannot run routes where a coach cannot see the athletes running. Water breaks will occur every 15 minutes with a 5 minute total rest time. Practice will not exceed 1.5 hours of total heat exposure.

## Baseball, Softball, Soccer, and Tennis

Tennis players will be required to take a water break every 20 minutes with 5 minutes of total rest time. Practice will not exceed 2 hours of total heat exposure.

## Marching Band

Marching band will be in practice shirts and shorts, with water breaks occurring every 20 minutes. Each break will be 5 minutes of total rest time. Outdoor practice will not exceed 1.5 hours of total heat exposure. Open water policy during the entire practice.

## Offseason programs

30 minutes of total heat exposure with 1 water break during this time.

### **110 degrees or 120 heat index**

No outside practice allowed in any sport.