

## SBISD Athletics Hot Weather Guidelines

1. SBISD Athletic department will use <https://perryweather.com/> to monitor weather conditions.
2. All coaches are expected to follow the Spring Branch ISD Athletics Hot Weather Guidelines and are responsible for the implementation, modification and/or suspension of athletic activities unless directed otherwise by the Campus Athletic Director, school administration, or Spring Branch ISD administration.
3. Athletic Trainers at each high school will be responsible for monitoring the weather and recommending the modification or suspension of athletic activities to the Campus Athletic Director and coaching staff as conditions dictate.
4. The SBISD Athletic Administrative staff/designees, high school and middle school coaches, in coordination with the athletic trainers, will modify work/break times, practice schedules, and the amount of equipment worn based on the SBISD Athletics Hot Weather Guidelines.
5. **A variety of playing surfaces absorb and emit heat differently. Therefore, modifications may be necessary for surfaces such as synthetic turf, hard courts for tennis, etc.**
6. Student-athletes will have unlimited access to water.
7. Coaches will monitor and adjust appropriately for those individuals with special medical conditions.
8. During a scheduled break, all members will be encouraged to kneel or sit in a shaded area or air-conditioned room, with the option to remove equipment (example: helmet, shoulder pads, etc.).
9. In severe hot weather situations, district-wide communication may be initiated by the SBISD Administration announcing outdoor activity modifications.

WBGT Reading <small>(wet bulb globe temperature)</small> (Category 3)	<b>Activity and Rest/Break Guidelines</b>
Under 82 F	Normal Activities – No Mandatory Restrictions.
82.1-86.9 F	<ul style="list-style-type: none"> <li>• Outdoor practices are limited to 120 total minutes including conditioning and mandatory break times. Each hour of outdoor practice will include no more than 45 minutes of activity and no less than 15 minutes of break time.</li> <li>• Student-athletes may be encouraged to remove helmets if not actively participating.</li> </ul>
87-90 F	<ul style="list-style-type: none"> <li>• Outdoor practices are limited to 120 total minutes including conditioning and mandatory break times. Each hour of outdoor practice will include no more than 40 minutes of activity and no less than 20 minutes of break time.</li> <li>• Student-athletes may be encouraged to remove helmets if not actively participating.</li> </ul>
90.1-91.9 F	<ul style="list-style-type: none"> <li>• Outdoor practices are limited to 60 total minutes including mandatory break times. There must be 20 minutes of rest breaks distributed throughout the hour of practice.</li> <li>• No outdoor conditioning.</li> <li>• Shorts, t-shirts, and helmets for high school football outdoor practices.</li> <li>• Student-athletes may be encouraged to remove helmets if not actively participating.</li> </ul>
Over 92 F	No outside workouts for all sports