

SBISD Athletics Cold Weather Guidelines

Cold weather is defined as any temperature that can negatively affect the body’s regulatory system. These do not have to be freezing temperatures. The following guidelines were established for Spring Branch ISD Athletic Department practices. The Executive Athletic Director reserves the right to modify or cancel games due to extreme weather on a case-by-case basis.

1. SBISD Athletic department will use <https://perryweather.com/> to monitor weather conditions. On the Perry Weather app, “Feels like” indicates the wind chill reading.
2. All coaches are expected to follow the Spring Branch ISD Athletics Cold 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 and athletic trainers will modify work/break times, practice schedules, and the amount of equipment worn based on the SBISD Athletics Cold Weather Guidelines.
5. Coaches will monitor and adjust appropriately for those individuals with special medical conditions.
6. In severe cold weather situations, district-wide communication may be initiated by the SBISD Administration announcing outdoor activity modifications.

Cold Weather Caution: When temperature or wind chill (which is lower than actual temperature) is from **40°F - 30°F**

- Outside participation will not be modified, but a warning will be given to coaches and student-athletes.
- Coaches and Athletic Trainers will emphasize the importance of following *UIL Cold Weather Illness Recommendations*.
- “High risk student-athletes” will be monitored.

Cold Weather Warning: When temperature or wind chill is from **30°F - 20°F**, there may be a modified outside participation of 45 minutes.

- Warm-ups will start indoors (stretching, etc.) to not detract from the allotted 45-minute practice time.
- Practices will be structured to keep individuals moving. Avoid having student-athletes working up a big sweat in the first 20 minutes and then sitting around watching.
- Hats covering ears and gloves that cover the hands should be worn.
- “High risk” student-athletes will be monitored closely.
- When possible, a cool-down should occur indoors.

Cold Weather Termination: When temperature or wind chill reaches **19°F and below**, there may be a termination of outside practices and games.



Wind Chill Chart

