

Del Valle ISD Athletic- Heat Policy

Introduction:

Heat not only affects the performance of athletes but can also affect their health. Educating athletes to best care for themselves during hot weather workouts is only one part. Athletic Trainers and Coaches should educate themselves to understand why and how heat illness occurs along with staying up-to-date with the latest information regarding heat related illness. It is the responsibility of the Athletic Trainers and Coaches to ensure these guidelines are being followed to help minimize the risk of heat illnesses.

There are many factors contributing to the temperature. If you have questions contact your Athletic Trainer or Coordinator. Below is a list of best practices.

1. Helmet, padding, and clothing removed whenever possible
2. Easy access to water **anytime**
3. Gradual increase in duration and intensity of practices
4. Gradually add equipment
5. Take breaks in the shade or inside
6. Use cooling stations when needed (cold tubs and towels)
7. Pre and post-practice weigh ins to monitor weight loss
8. Closely monitor poorly conditioned/chronic ill athletes
9. No 'prove yourself' drills in the heat

Weather	In-season	Attire	Game	Fine Art	PE/Recess
Temperature 100°F or heat index 110°F WBGT <82<87	Maximum 2 hour practice with 5 minute water break every 30 minutes	Football: remove helmet and shoulder pads when possible	Follow Guidelines or delay start of game	Maximum 2 hour practice with a 5 minute water break every 30 minutes	60 minutes of exposure with one 5 minute water break
Temperature 105°F or heat index 115°F WBGT <87.1<90	Maximum 2 hour practice with a 5 minute water break every 20 minutes	Football: shell only and remove helmets and shoulder pads when possible XC: runners must be in site of coach at all times MS Football: No equipment	Follow Guidelines or delay start of game	Maximum 2 hour practice with a 5 minute water break every 20 minutes	45 minutes of exposure with a 5 minute water break every 15 minutes
Temperature 107°F or heat index 117°F WBGT <90.1<91.9	1 hour practice with a 20 min water break in the middle of practice	Football: helmets only, remove when possible XC: runners be in site of coach at all times No MS practices or games	Follow Guidelines or delay start of game	1 hour practice with a 20 min water break in the middle of practice	30 minutes of exposure with a 5 minute water break every 10 minutes
Temperature 110°F or heat index of 120°F WBGT >92	No outside practice, games or activity				

*Please note that off-season programs should be just as aware of the outside conditions as the in-season sports.

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Update 2/13/20