



ECTOR COUNTY ATHLETIC DEPARTMENT WEATHER POLICY

ECISD has an open water policy. This means that athletes and students are allowed to stop and drink water as needed through the activity or practice they are participating in. We follow the *real feel temperature/wind chill* when determining what steps to take with these policies. *Real feel/wind chill* means we are taking the ambient temperature, wind, humidity, precipitation, and environment into consideration when determining what the temperature outside actually is. Perry Weather is our district approved weather system for determining actions to take for the heat/cold policy and lightning/tornado policy.

High School Heat Policy(*Real Feel Temperature*)

70 to 88 degrees and below (WBGT 79.9-84.6)

- planned water breaks every 20 minutes
- limited to 3 hour workout with 10 minute break every 45 minutes.
- football normal full pads
- unrestricted water access at all times

89 to 99 degrees (WBGT 84.7-87.8)

- planned water breaks every 15 minutes
- limited to 2 hour workout with 10 minute break every 30 minutes
- football- full pads, consider half shell, conditioning without pads, helmets ok
- unrestricted water access at all times

100 to 104 degrees (WBGT 87.8-92.1)

- planned water breaks every 10 min/alternate indoors with air conditioning for 30 min inside/30 min outside; if you are alternating water breaks should be every 15 min.
- limited to a 1.5 hour workout with a 10 minute break every 15-20 minutes.
- football- half shell limited, preferred short, shirt helmets
- conditioning limited to 10 minutes
- helmets removed when not actively participating
- asthmatic athletes may remove themselves from workout without punishment.
- unrestricted water access at all times

105 degrees (WBGT 92.1) and above

- move to inside only practices
- unrestricted water access at all times

Middle School Heat Policy(*Real Feel Temperature*)

70 to 85 degrees and below (WBGT 79.9-84.6)

- planned water breaks every 20 minutes
- limited to 2 hour practice.
- football full pads
- unrestricted water access at all times

86 to 95 degrees (WBGT 84.7-87.8)

- planned water breaks every 15 minutes.

- limited to a 1.5 hour workout with a 10 minute break every 30 minutes.
- football- half shell
- unrestricted water access at all times

96 to 100 degrees(WBGT 87.8-92.1)

- planned water breaks every 10 minutes
- limited to 1 hour workout with a 10 minute break every 20 minutes
- football- t-shirt, shorts and helmet
- conditioning should take place inside.
- unrestricted water access at all times
- asthmatic athletes may remove themselves from workout without punishment

101 degrees and above (WBGT 92.1)

- move to inside only practices
- unrestricted water access at all times.

ECISD Is Category 2

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

High School Cold Policy(Real Feel Temperature)

- Wind Chill Factor at or 32 degrees without precipitation: Athletes may stay outside for 45 minutes with a 10 min recovery / warm up inside
- Wind Chill Factor at or below 32 degrees with precipitation: Athletes may stay outside for 30 minutes with 10 min warm up inside / must have dry cloths to go back outside
- Wind Chill Factor 15 - 20 degrees with no precipitation: Athletes may stay outside for 30 mins with 10 min recovery / warm up inside
- Wind Chill Factor at or below 25 degrees with precipitation: All practices will be inside
- Wind Chill Factor at or below 15 degrees: All practices will be inside

Middle School Cold Policy(*Real Feel Temperature*)

- Wind Chill Factor 40-32 degrees without precipitation: 30 minutes exposure, 15 minutes inside
- Wind Chill Factor at or below 32 degrees without precipitation: All practices will be inside
- Wind Chill Factor at or below 40 degrees with precipitation: All practices will be inside

Lightning Policy

Perry Weather notifications come via text to coaches. There is a 30 minute wait from each lightning strike. Perry weather will send an ALL CLEAR for each parameter.

- 20-30 miles out = be vigilant
- 10-20 miles out = prepare to find shelter
- 0-10 miles out = must clear fields and go inside.

Tornado Policy

- Tornado Watch = be vigilant
- Tornado Warning = seek shelter now

UIL Safety Guidelines: [Health & Safety — University Interscholastic League \(UIL\) \(uilitexas.org\)](http://uilitexas.org)