

MISD Weather Guidelines for Athletics, Fine Arts, and Physical Education

Revised July 1, 2024

Goals:

To provide safeguards against the hazards of extreme heat illness

To provide policies and procedures to be followed by Mesquite ISD employees

Introduction:

Emergency situations may arise at any time during athletic events. Expedient action must be taken to provide the best possible care for the athlete during emergencies and/or life-threatening conditions. The development of an emergency plan will help ensure the best care will be provided.

The extreme heat in our region is a concern to the health and safety of our athletes. Heat injuries cannot always be prevented, but with the education of coaches and controlled practice procedures, heat related illnesses could be minimized.

Key Conclusions:

The education and implementation of heat policies will not prevent all heat illnesses, but a policy will enable us to minimize these problems. The key is to educate our coaches, directors, athletes, and parents in strategies to prevent heat illnesses.

Heat Policy for Athletics

Section I—Chain of Command

The following chain of command will occur:

Notification of temperature

1. The Campus Athletic trainer will deliver by 8 AM and 1 PM daily a weather notice to all outdoor coaches notifying them of the heat procedures to follow for the day. The WBGT is what determines the workout procedure to follow. This notification will come from the Perry Weather Station located on their campus.
2. ***The athletic trainer will be responsible for monitoring the weather throughout practice. If the daily temperature/WBGT rises during practice, the athletic trainer will add additional breaks to the workout or reduce the time of exposure.***
3. The campus athletic trainer will notify their feeder schools of the daily workout procedure to follow by 8 AM and 1 PM.
4. Athletic trainer will document the daily WBGT. A record of the documentation will be kept on campus and a copy will be sent to the district athletic trainer in the athletic office.

Middle school head coaches will obtain a weather report from the district athletic office prior to workouts to determine practice times and duration.

Enforcement of Policies

Head coach/staff athletic trainer will monitor time of exposure.

Staff athletic trainers will report any violations to the campus athletic coordinator.

The head athletic trainer will meet with the head coach of the sport concerning violations.

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Violations of the MISD Heat Policy will be reported to the Executive Director for Athletics in writing.

Section III--Hot Weather Practice Guidelines

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

<82 F Degrees Wet Bulb Globe Temp

High School Football - No restrictions

82.1 – 86.9 F Degrees Wet Bulb Globe Temp (<98 degrees feels like temperature)

High School Football

- **Shorts, Helmet, Shoulder Pad Workout**
 - Water breaks every 30 minutes with 5-minute rest time with helmet off & open water policy during practice.
 - **2.5-hour** heat exposure
- **Full Pad Workout**
 - Water breaks every 20 minutes with 5-minute rest time with helmet off & open water policy during practice.
 - **2-hour** heat exposure
 - Athletes are allowed to remove helmets while not in a contact drill.

87.1-90.0 F degrees Wet Bulb Globe Temp (99-104 Degrees feels like temperature)

High School Football

- Players will be in shorts, helmets, & pads only.
- **Maximum 2-hour** practice time.
- All protective equipment must be removed during **conditioning** activities.
- Water breaks will occur every 20 minutes with a minimum of 5 minutes of total rest time with athlete off their feet and helmet off.
- There will be a one-minute station break every 10 minutes.

90.1-91.9 F degrees Wet Bulb Globe Temp (105-110 feels like temperature)

High School Football

- Players will wear shorts and helmets only.
- Breaks will occur every 15 minutes with an open water policy.
- **1 hour practice time.**
- No conditioning activities.
- When possible, delay or reschedule until safer conditions prevail.

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92.1 + F degrees Wet Bulb Temp (110+ Feels like temperature)

No outside practice will be allowed in any sport.

- **Delay, reschedule until safer conditions prevail.**

Middle School Football

<82 F Degrees Wet Bulb Globe Temp

Middle School Football - No restrictions

82.1 – 86.9 F Degrees Wet Bulb Globe Temp (<98 Feels Like Temperature)

Middle School Football

Shorts, helmet, and shoulder pad workout

- Water breaks every 20 minutes with 5 minutes of rest time with helmet off, and open water policy.
- Protective equipment must be removed during **conditioning** activities.
- **1.5-hour practice time.**

87.1-90.1 F Wet Bulb Globe Temp (99-105 Feels like Temperature)

Middle School Football

Players will be in shorts and helmets only.

- **45 minutes** practice time
- Water breaks will occur every 20 minutes with 5 minutes of total rest time with helmet off.

There will be a one-minute station break every 10 minutes.

>90.2 F Wet Bulb Globe Temp (105-110+ Feels Like Temperature)

There will be no outside practice when the temperature exceeds 105 degrees.

There will be no middle school games when the Wet Bulb Globe Temperature exceeds 90.1 F.

High School & Middle School Outdoor Non-Football Sports

<82 F Degrees Wet Bulb Globe Temp

High School & Middle School Outdoor Non-Football Sports - No restrictions

82.1 – 86.9° F. Wet Bulb Globe Temp (<98° Feels Like Temperature)

High School & Middle School Outdoor Non-Football Sports

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- Runners must stay on campus or at a park within sight of coaches.
- Water breaks every 30 minutes with a total of 5 minutes off their feet.
- Practices are not to exceed **2 hours** including water breaks.
- Off-season practices will have **45 minutes** of heat exposure with one water break.
- Athletes must be **gradually** acclimatized to heat!

**87.1 – 90.0° F. Wet Bulb Globe Temp (99°-105° Feels Like Temperature)
High School & Middle School Outdoor Non-Football Sports**

- Delay, reschedule until safer conditions prevail.
- Runners must stay on campus or at a park within sight of coaches.
- Water breaks every **20 minutes**.
- Practices are not to exceed **1 hour** including water breaks.
- Off-season practices will have 30 minutes of heat exposure with **1 five-minute** water break.

**90.1 – 91.9 F. Wet Bulb Globe Temp (105-110° Feels Like Temperature)
High School & Middle School Outdoor Sports**

- Delay, reschedule, or cancel scheduled practice until safer conditions prevail
- Off-season Workouts All Sports**
- Schedule practice activities indoors

>92 F. Wet Bulb Globe Temp (110°+ Feels Like Temperature)

High School & Middle School Outdoor Sports

- **There will be no outside practice allowed in any sport.**

Heat Policy for Fine Arts and Physical Education

Section I—Chain of Command

The following chain of command will occur:

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Notification of temperature

1. The Head Band Director will be responsible for notifying all band staff of the heat procedures to follow for all marching band activities. The WBGT is what determines the workout procedure to follow. This notification will come from the Perry Weather Station located on their campus.
2. *The head band director will be responsible for monitoring the weather throughout practice. If the daily temperature/WBGT rises during practice, the head band director will add additional breaks to the workout or reduce the time of exposure.*
3. The Director of Health and Physical Education will be responsible for notifying all Physical Education teachers of the weather procedures to follow (heat and cold) for all daily outdoor activities. The Director of Health services will notify all campus nurses of the daily procedures. This will be completed by 8:30 AM and 12 PM daily. The WBGT is what determines the workout procedure to follow. This notification will come from the Perry Weather Station located on their campus.
4. *The Director of Health and Physical Education will be responsible for monitoring the weather throughout the day. If the daily temperature/WBGT rises during the day, the Director of Health and Physical Education will inform the physical education teachers of changes to the outdoor activities.*

Enforcement of Policies

The head band director will monitor time of exposure for marching activities for their school, and the Director of Health and Physical Education will monitor time of exposure for outdoor physical education activities. The Director of Health and Physical Education will meet with any physical education teacher in violation of the policy. Violations of the MISD Heat Policy will be reported to the Executive Director for Athletics or Director of Fine Arts (for marching activities) in writing.

Section II---Hot Weather Practice Guidelines for Fine Arts and Physical Education

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

<82 F Degrees Wet Bulb Globe Temp
Marching Band - No restrictions

82.1 – 86.9 F Degrees Wet Bulb Globe Temp (<98 degrees feels like temperature)

Marching Band

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- Water breaks every 30 minutes with 5-minute rest time with helmet off & open water policy during practice.
- **2.5-hour** heat exposure

87.1-90.0 F degrees Wet Bulb Globe Temp (99-104 Degrees feels like temperature)

Marching Band

- **Maximum 2-hour** practice time.
- Water breaks will occur every 20 minutes with a minimum of 5 minutes of total rest time with students off their feet.

90.1-91.9 F degrees Wet Bulb Globe Temp (105-110 feels like temperature)

Marching Band

- Breaks will occur every 15 minutes with an open water policy.
- **1 hour practice time.**
- When possible, delay or reschedule until safer conditions prevail.

92.1 + F degrees Wet Bulb Temp (110+ Feels like temperature)

No outside practice will be allowed in any sport or Marching Band.

- **Delay, reschedule until safer conditions prevail.**

Physical Education

<82 F Degrees Wet Bulb Globe Temp

No restrictions

82.1 – 86.9° F. Wet Bulb Globe Temp (<98°Feels Like Temperature)

- Runners must stay on campus or at a park within sight of coaches.
- Take water breaks when necessary and have frequent breaks.
- Athletes must be gradually acclimatized to heat!

87.1 – 90.0° F. Wet Bulb Globe Temp (99°-105° Feels Like Temperature)

- Delay, reschedule until safer conditions prevail.

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- Runners must stay on campus or at a park within sight of coaches.
- Water breaks every **20 minutes**.
- Practices are not to exceed **1 hour** including water breaks.

**90.1 – 91.9 F. Wet Bulb Globe Temp (105-110° Feels Like Temperature)
High School & Middle School Outdoor Sports**

- Delay, reschedule, or cancel scheduled practice until safer conditions prevail
- Schedule practice activities indoors

>92 F. Wet Bulb Globe Temp (110°+ Feels Like Temperature)

- **There will be no outside practice allowed in any sport.**

Treatment Steps for Exertional Heat Stroke

- 1. Take the athlete's core temperature.**
- 2. Remove all equipment and excess clothing from the athlete.**
- 3. Cool the athlete as quickly as possible**
 - **via whole body ice-water immersion in a large tub that covers the athlete's trunk and limbs. The water should be approximately 35-58°F. Continually stir the water and add ice throughout the cooling process.**
(Note: if immersion is not possible, take athlete to cold shower or move to shaded area and use rotating ice towels to cover the body surface.
- 4. Wrap a towel under the athlete's arms and hold to ensure an upright position while sitting in the tub.**
- 5. Maintain airway, breathing, and circulation, while continuing to monitor core temperature.**
- 6. After cooling is initiated, call 911. You must COOL BEFORE TRANSPORT. Do not transport the athlete until the core temperature drops to 102°F.**
- 7. Cease cooling when the core temperature is 102°F.**

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Kory Stringer Institute Heat Safety Regions

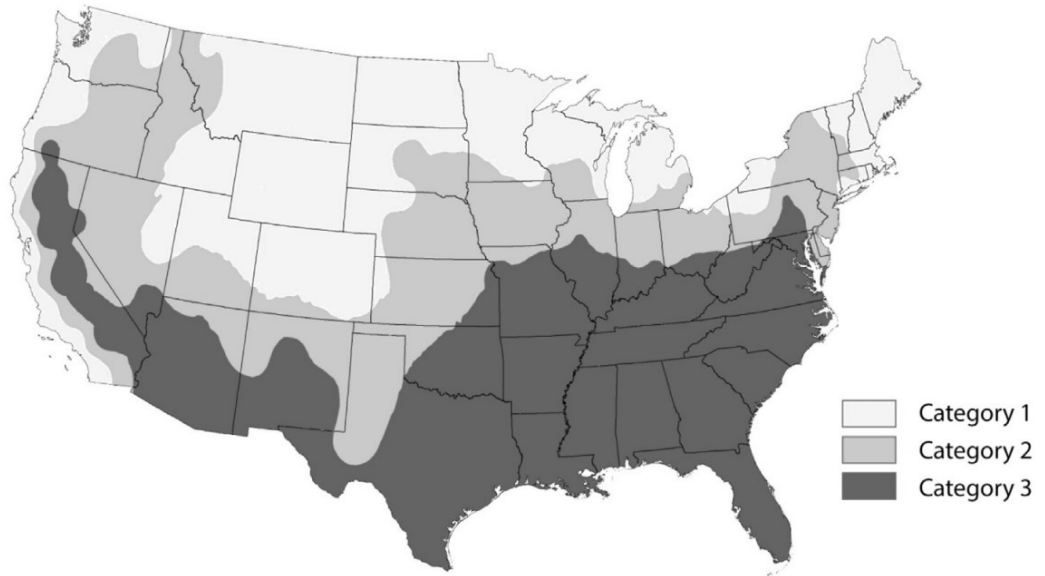


Fig. 2. Heat safety regions.

Kory Stringer Institute Wet Bulb

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. <u>For Football:</u> 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. <u>For All Sports:</u> 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. <u>For Football:</u> No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports:</u> 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.

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American College of Sports Medicine Risk Category

	Wet Bulb Globe Temp	(NWS Heat Index Temp)
Dangerous Zone:	WBG >90°F.	(111-115°F HI)
Very High Risk:	WBG 87.6–89.9°F	(98-110°F HI)
High Risk Zone:	WBG <82°F	(90-98°F HI)
Moderate Risk Zone:	WBG 65-73°F	(65-80°F HI)
Low Risk Zone:	WBG < 65°	(< 65°F HI)

UIL Preseason Practice Regulations Activities outside the School Year

Preseason practice regulations for sports that begin practice prior to the school year are as follows.

- Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
- Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
- Schools shall not schedule more than one practice on consecutive days and student-athletes shall not participate in multiple practices on consecutive days.
- Exception: Volleyball.
- The maximum length of any single practice session is three hours.
- On days when more than one practice is conducted, there shall be, at a minimum, two hours of rest/recovery time between the end of one practice and the beginning of the next practice.
- When determining how to count times spent as ‘practice activities’ or ‘practices’ please consult the following chart:

What Counts

- Actual on field/court practice
- Sport specific skill instruction
- Mandatory conditioning
- Water breaks
- Rest breaks

What Doesn’t Count

- Meetings
- Indoor music rehearsals
- Film study
- Injury treatment
- Voluntary conditioning
- Weight training*

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*Does not count towards practice time but **cannot** be done during the two (2) hour rest/recovery time.

- In reference to the minimum two hours rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice or other physical activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory conditioning period.

Additional Regulations for Football Practice

- All pre-season football practices shall begin with a five (5) day acclimatization period for all participants.
- During the four (5) day acclimatization period and subject to the rules as noted above, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities/equipment permitted, including helmets.
- During the five (5) day acclimatization period,
 - Days one and two (1-2) helmets shall be the only piece of contact/protective equipment student athletes may wear.
 - Days three and four (3-4), helmets, shoulder pads, padded girdles, but no contact drills or team contact permitted.
 - Day (5), helmets, shoulder pads, padded shells, but person to person contact drills are allowed. No full contact team activities are permitted.
- During the five (5) day acclimatization period, no full contact activities are permitted

Middle School Football shall not begin until the first official day of school.

Cold Weather Guidelines

Athletics

These guidelines should be followed to determine game postponement due to cold/inclement weather. Games should be postponed if the following conditions are present:

1. Temperatures do not reach 32 degrees F and/or wind chill does not reach 25 degrees F by 2 PM.
2. If temperatures are forecasted to be below 32 degrees F and/or wind chill below 25 degrees F.
3. Temperatures below 35 degrees F. with the presence of precipitation.

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We will use the MISD Perry Weather system or the National Weather Service (www.weather.gov) in conjunction with each district's weather monitoring system to determine temperatures, wind chills, and forecasts. All decisions regarding game postponement due to cold weather will be made by Athletic Directors of designee. It is recommended that all decisions be made by 2:00 PM to avoid unnecessary travel.

Physical Education

If the wind chill is below 40 degrees F, physical education classes will stay indoors. If the wind chill is 40 degrees F or above with no precipitation, physical education classes can be held outside.

Guidelines for Lightning

The home team will oversee lightning delays. The Game Administrator and the Athletic Trainer will co-command the implementation of the lightning policy. Both the Game Administrator and Athletic Trainer can activate the safety plan by suspending an event. The Game Administrator assumes the responsibility as spokesperson to participating teams, school administrators, game officials, press box, and news media. All venues must have a plan for safe shelter of participants and spectators in event of a storm.

All participants and officials will be removed from the field of play and moved to a safe location when a lightning strike is detected within 10 miles of the venue. All athletic trainers will use a weather service for monitoring lightning and storms. In the event of loss of technology, we will revert back to the 30-30 flash to bang lightning method.

A lightning delay will last 30 minutes from the last strike. Once 30 minutes have passed without a strike in the 10 mile radius, play may resume. In the event of consecutive lightning delays that have had a continuous duration of 1 hour without return to play, the game will be called complete or rescheduled depending on the progress of the game according to the rules under suspended games.

Suspended Games

In the event of a game must be suspended because of conditions which make it impossible to continue play, NFHS and UIL rules will apply. Refer to Article XVI on page 6 in the General Guidelines for game time changes.

Game and Event Athletic Trainer Coverage

The home team school will provide a **Licensed Athletic Trainer (LAT)** at the following athletic venues for schools to utilize. The athletic trainer will be always accessible to both teams during the contest. He/she should introduce himself/herself to the visiting coach and student athletic trainers prior to the contest and the LAT will let each know where

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they will be in the venue during the contest. **In case a LAT cannot be provided, it is the responsibility of the home athletic trainer to contact the athletic trainer from the visiting school. This will allow the visiting athletic trainer to make provisions for an athletic trainer to be present with their team and contact the appropriate coaches.** This may mean that some events will have only a coach or student athletic trainer to help care for injuries. This policy pertains to contests between district schools. Event coverage for games with schools outside of the UIL district is the responsibility of each school.

In case of conflicts where there are more events scheduled than athletic trainers available, varsity sports will have priority over sub-varsity sports. Also, athletic contests that have a higher number of participants or a high incidence of injury will have precedence over those with smaller rates of injury or participation.

Specific Sport Venue/Game Requirements

Cross Country

The host school will provide ice, water, and LAT coverage for the District Cross Country Meet.

Volleyball

The home team will provide a LAT at all district volleyball contests. This includes all levels 9,JV,V.

Football

A LAT will be present at all district football contests. This includes all levels 9,JV,V.

Basketball

A LAT will be present at all district basketball contests. This includes all levels 9,JV,V.

Soccer

A LAT will be present at all district soccer contests. This includes all levels 9,JV,V.

Track

Host school district will provide the LAT for the District Track meet (JV,V).

Softball

A LAT will be present at all district softball contests. This includes all levels 9,JV,V.

Baseball

A LAT will be present at all district baseball contests. This includes all levels 9,JV,V.

Golf

The District Chair shall appoint a school to be responsible for providing LAT coverage at the District Meet.

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Tennis

The District Chair shall appoint a school to be responsible for providing LAT coverage at the District Meet.

Equipment Provided by Home Team

Football

1. Each team is responsible for their own first aid supplies.
2. Cold immersion tub.
3. AED

Gym Sports

1. Water for each team
2. Injury ice
3. Crutches
4. Splints
5. First Aid Supplies
6. AED

Soccer/Baseball/Softball/Cross Country

1. Each team is responsible for water and injury ice
2. Crutches
3. Splints
4. First Aid Supplies
5. AED

District Track Meet

1. Water
2. Injury Ice
3. Crutches
4. Splints
5. First Aid Supplies
6. AED