FORT BEND I.S.D. – ATHLETIC DEPARTMENT
16403 Lexington Blvd. Sugar Land, Texas 77479
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Fort Bend I.S.D -Heat Guidelines

Key Terms and Definitions

Heat Cramps:
Heat cramps are painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.

Heat Syncope:
Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in heat. Predispose to heat stroke.

Heat Exhaustion (Water Depletion)
Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

Heat Exhaustion (Salt Depletion)
Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

Heat Stroke:
Heat stroke is a life- threatening condition. The victim's temperature-control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Any heat stroke victim must be quickly cooled in water immersion and referred for advanced medical attention.

Of the three heat-related illnesses mentioned above, Heat Cramps is usually the mildest and Heat Stroke is the most severe. The syndromes do not always happen in sequential order, so hydration and monitoring the core temperature of the body in hot temperatures and physical activity is very important.

Dehydration:
When fluid loss exceeds fluid intake.

Warning Signs of Dehydration

Thirst	Headache	Dizziness	Nausea
Irritability	Weakness	Cramps	Decreased Performance

Effects of Dehydration

- Dehydration of just 1%-2% of body weight (only 1.5-3 lbs. for a 150lb. athlete) can negatively influence performance.
- Athletes are encouraged to monitor weight before and after practice during workouts in which they are practicing in extreme hot and humid conditions. Dehydration of greater than 3% of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).

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Section I— Notifications

Notification of temperature:

- Campus Staff Athletic Trainer/ Middle School Coordinators will use the district's provided weather service app, Perry Weather, and WBGT Heat Stress Tracker to discuss and notify the coaching staff of any extreme heat conditions that would initiate any phases of the heat guidelines so they can adjust their practices to comply.
- WBGT Temperatures will determine which phase will be followed during practices.
- All coaches will receive a notification by Perry Weather system via text alert when the WGBT has crossed an established threshold within the monitored area.

Enforcement of Policies:

- Head Coach/Campus staff athletic trainer will monitor time of exposure at practice.
- Campus coaches will follow Perry Weather text notifications unless otherwise notified by Campus Athletic Trainer or Athletic Coordinator with updated WBGT Readings taken with local heat stress tracker instrument.
- Campus staff athletic trainers will report any violations to the District Head Athletic Trainer in writing.

Section II—WBGT Guidelines

Wet Bulb Globe Temperature

- Wet Bulb Globe Temperature (WBGT) takes into consideration multiple factors including air temperature, humidity, radiant energy (sun exposure) and wind speed. Considering all these factors; this measurement gives us the best picture of stress on the body during outdoor physical activity.

- When utilizing an on-site instrument, the instrument should be set up 30 minutes prior to practice and should be read 15 minutes prior to the start of practice. If utilizing an internet-based application, the WGBT should also be checked at the 15-minute mark prior to practice. In both cases, WBGT readings should be taken every 30 minutes during practice.

- When there is a change in WBGT from one level to the next, responsible modifications to practice activities should be made based on the WBGT Activity guidelines below in the chart.

- A record needs to be kept on file with the recordings of the WBGT temperature associated for outside practices.

- Practices are defined as the time period that a participant engages in a coach/director supervised, school-approved sport or band conditioning-related activity. Practices are timed from when players report to the outside practice/workout area until the players leave the area.

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Section III—Emergency Action Plans & Procedures for Prevention of Heat Related Illness

To decrease the risk of heat illness/emergencies:

- Gradually Acclimatize Athletes – gradually get athletes accustomed to working out in the heat.
  For example:
  Football-The first 3-4 practices should be in shorts, the next 2-3 in shells, and then proceed to full pads.
  Cross Country-These athletes MUST be monitored closely at all times. Running distances should be increased gradually.
  Cheer – Must be monitored very closely at all times.
  Volleyball, Basketball, Aquatics-Land Workouts (indoor sports)- Coaches should be aware that heat problems could occur indoors if the athletes are not properly hydrated. If the indoor sports coaches choose to practice outdoors, they should be aware of the weather conditions. These athletes will not be accustomed to the heat outdoors. They MUST be monitored very closely, and water should be readily available. The first 3-4 practices (indoors or out) should not be overly strenuous.
  Soccer, Track, Tennis, Baseball and Softball-The first 3-4 practices should not be overly strenuous. Overuse/friction injuries will be dramatically decreased in these sports if these athletes start workouts at 50% and ease up to a full 100%. This usually takes two to three weeks for track athletes.
  Golf-Weather conditions need to be monitored daily.
  Marching Band – Well in advance of summer marching band practices, directors should message their students to begin acclimatizing to the heat. Students should also be encouraged to follow all dietary/nutritional recommendations as stated in the "Marching Band Health Essentials" and the FBISD Heat Precaution Guidelines. Directors should also take care within the first couple days of outdoor rehearsals to ensure students are properly hydrated and prepared for physical activity in the heat.

- When temperatures are high, extra care should be taken during workouts, including extra rest breaks, moving time practice times to cooler hours, shortening practice times, moving indoors, or ceasing practice completely.
- Water will be available in unlimited quantities and never withheld from a student athlete during participation.
- Each school's emergency action plan must include procedures to address heat emergencies that include onsite rapid cooling using cold-water immersion or equivalent means.
- Rapid cooling zones must be available for each outdoor athletic and marching band contest, practice, workout, or conditioning session that is held in **wet bulb globe temperatures of 82 degrees or higher/WBGT.** Rapid cooling zones are required to have immediate availability of cold-water immersion tubs or tarps that can be filled with ice and water and wrapped around individuals to rapidly cool internal body temperature (TACO Method) and are encouraged to include a combination of the following options: ice sponges, towels, water misters, and shade.

Section IV – Competitions

- WBGT practice guidelines and limitations do not apply to UIL competitions, but it is recommended that schools monitor WBGT conditions prior to and during the game and use appropriate emergency action plans for high temperature and humidity.
- Any contest played in **WBGT of 82.0 degrees or higher must** have a rapid cooling zone on site and available at all times to allow for full body, rapid cooling of athletes experiencing heat illness.

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

Phase 1 - Green	**WBGT <82***	**Normal Activities** • **Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.**
Phase 2 - Yellow	**WBGT 82*F-86.9*F**	**Use discretion for intense or prolonged exercise.** • **Provide at least 3 separate rest breaks each hour with minimum duration of 4 minutes each during the workout. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)**
Phase 3 - Orange	**WBGT 87*F – 90.0*F**	**Maximum practice duration of 2 hours.** • **Football:** Players are restricted to helmets, shoulder pads, and shorts only during practice. If the WGBT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. If WBGT rises to this level during practice, total exposure time may be adjusted. • **ALL Sports/Marching Band:** Provide at least 4 separate rest breaks each hour with a minimum duration of 4 minutes each. • **MANDATORY ONSITE RAPID COOLING (INCLUDING TUB OR TARP)**
Phase 4 - Red	**WBGT 90.1*F – 92.0*F**	**Maximum practice duration of 1 hour.** • **Football:** No protective equipment may be worn during practice, and there may be no conditioning activities. • **ALL Sports/Marching Band:** There must be a minimum 20 minutes of rest breaks distributed throughout the hour of practice. • **MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)**
Phase 5 - Black	**WBGT 92.1*F or higher**	**No outdoor practices may be conducted. Delay practices until the WBGT decreases.**

****Scrimmages/Games –** Weather conditions will be monitored throughout the event. Adjustments to the event will be made upon the discussion between athletic directors (if applicable), athletic trainers, coaches, and officials at the event.