Sweeny ISD Heat Weather Guidelines

Scope & Purpose

- Applies to **all outdoor activities** (athletics & marching band) across **all grade levels** (middle school, high school).
- Objective: **prevent heat-related illness** by regulating workload, hydration, rest, and cooling based on **WBGT**.

---

1. WBGT Monitoring

- Sweeny ISD will measure **WBGT** using an approved device prior to all outdoor athletic or physical activities. Device used will be Perry Weather Station Located on the Jr High roof behind the Baseball Field
- Readings will be taken **every 30 minutes** during practices or events.
- Coaches and athletic trainers will log each reading and maintain these records.

---

2. WBGT Activity Guidelines

WBGT Reading (°F)	Activity Guidelines
< 82.0°F	Normal activity. 3 rest breaks/hour, each lasting at least 3 minutes.
82.0 – 86.9°F	Use caution for intense activities. 3 rest breaks/hour, at least 4 minutes each.
87.0 – 90.0°F	Must have 3 rest breaks/hour, 4+ minutes each. Breaks can be adjusted as needed and added.
90.1 – 92.0°F	Practice to be monitored by staff. Remove protective equipment as need pending WBGT and Heat Index measurements. Frequent rest and water.
> 92.0°F	**All outdoor activities canceled or moved indoors.**

Rest breaks: Periods of complete rest with access to hydration and shade.

---

3. Hydration & Cooling Protocols

- Unlimited access to **cool water** at all times.
- Mandatory **cooling stations** (ice tubs, shade tents, misters) must be available when WBGT is 87.0°F or above.
- Ice immersion (or equivalent rapid cooling) must be prepared and available for all outdoor activities.

Rapid Cooling Zones & Emergency Planning

- **Mandatory rapid-cooling zone** when WBGT ≥ 82.0°F (Region 3).
- Must include **cold-water immersion tub or tarp** (TACO method), **ice sponges**, **towels**, **shade**, **misters** (uiltexas.org).
- Staff or volunteers **trained in cold-water immersion** must always be present (uiltexas.org).
- The **district emergency action plan (EAP)** for heat illness must include:
    - Assessment capability
    - Immediate **full-body immersion** if heat illness occurs
    - 911 protocols and clear internal communication lines for serious incidents.

---

4. Equipment & Attire

- Encourage **lightweight, breathable, light-colored clothing**.
- Remove helmets and unnecessary equipment when WBGT exceeds 87.0°F.
- No protective gear allowed if WBGT exceeds 90.0°F.

---

5. Acclimatization Period

- All athletes must undergo a **7–10 day heat acclimatization** period at the start of each season.
- Gradual build-up of intensity and equipment use.
- Monitor athlete weight before and after practices. A loss of 2%+ requires full rehydration before the next session.

---

6. Scheduling & Transportation

- When possible, **hold practices early mornings** to avoid peak heat (uiltexas.org).
- Modify bus schedules and parent outreach accordingly for early starts (perryweather.com).

7. Emergency Action Plan (EAP)

- All coaches and staff must be trained to recognize and respond to:
  - Heat cramps
  - Heat exhaustion
  - Heat stroke
- In case of suspected heat stroke:
  - **Cool First, Transport Second** – Begin cold-water immersion immediately before EMS arrival.

---

8. Communication

- If WBGT readings alter practice plans, notify:
  - **Athletes**
  - **Parents/Guardians**
  - **Administration**
- Provide an annual **written summary** of this WBGT policy to staff, athletes, and parents as needed.
- Conduct **annual training sessions** for all coaches, trainers, staff on:
  - WBGT usage
  - Emergency protocols
  - Policy guidelines
- Share **real-time alerts** through district systems or phone apps when WBGT thresholds are crossed (perryweather.com).
- Post updates through official Sweeny ISD platforms (Remind, school website, email).

---

9. UIL Contests & Marching Band Events

- UIL practice guidelines do **not restrict in-game activity**, but certain requirements continue (uiltexas.org):
    - Monitor WBGT before & during events.
    - **Rapid-cooling zone required** if WBGT ≥ 82°F.
    - Encourage hydration, shade, misters, ice towels, extended breaks, **longer halftimes**, AC warm-up areas, and snack access (perryweather.com, uiltexas.org).

---

10. Review & Updates

- This policy will be reviewed **annually** or as new UIL/state guidance is released.
- This policy follows UIL's 2025–2026 WBGT guidelines (perryweather.com, uiltexas.org).