

LEWISVILLE ISD HEAT POLICY

Suggested Heat Policy

The following chain of command will occur:

Notification of Temperature

- Staff Athletic Trainer will obtain information from Perry Weather daily.
- The Head Coach will be informed of the weather before the afternoon practice.
- The WBGT of the day will dictate which protocol will be followed.
- Weather reports are not required on days where the temperature falls between 45 degrees and 90 degrees.

Enforcement of Policies

- Head Coach/Staff Athletic Trainer will monitor time of exposure.
- Staff Athletic Trainer will meet with Head Coaches
- Violation of policies will be reported to the District Athletic Director in writing.

Heat Policy:

- Specific heat conditions will determine activity restrictions during practice according to the following:
- LISD will use Perry Weather and adhere to recommendations set by the UIL and medical advisory board.
- LISD falls under category 3. Please review the chart below.

Heat Policy:

UIL & Lewisville ISD WBGT Recommendations	
WBGT Reading	Practice Guidelines & Rest Break Guidelines
Under 82.0	Normal activities - provide at least 3 separate rest breaks each hour with a minimum of 3 minutes each during the workout.
82.2 - 86.9	Use precaution with intense and prolonged exercise; provide at least 3 separate rest breaks each hour with a minimum duration of 4 minutes each.
87.1 - 90.0	Maximum practice time is 2 hours. FOOTBALL: players are restricted to helmet, should pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to workout wearing football pants without changing to shorts. FOR ALL SPORTS: Provide at least 4 separate rest breaks each out with a minimum duration of 4 minutes each.
90.1 - 91.9	Maximum practice is 1 hour. FOOTBALL: No protective equipment may be worn during practice, and there may be no conditioning activities. FOR ALL SPORTS: There must be 20 minutes of rest breaks distributed throughout the hour of practice. *Consider delaying start times for <u>competitions</u> if WBGT is in the red zone.
Over 92.0	NO outdoor workouts. Delay practice until a cooler WBGT is reached.

**The chart above provides recommended precautions for practices. AT's will re-evaluate every 30 minutes.*

**WBGT modifications should be fluid, meaning that if the conditions get more restrictive during the day or particular practice, modifications should be made.*

