

**Northside Independent School District
San Antonio, Texas**

**Guidelines for Modification of School Outdoor Activities Related to Weather and Environmental
Conditions**

The occurrence of heat induced illnesses or unsafe acts are the highest in San Antonio from May through September when the daily high temperature generally ranges between 95 to 100+ degrees.

In combination with humidity, these temperatures can result in a heat index value that can produce heat injury, especially to students in outdoor practice such as running, jumping, and other vigorous activities.

Persons who are not acclimatized to working in hot environments and who are exposed to combinations of environmental and metabolic heat above an identified tolerance level substantially increase their risk of incurring acute adverse health effects.

Section I—Chain of Command

The following chain of command will occur:

- Notification of temperature
- Staff Athletic Trainer will obtain weather report from National Weather service (www.noaa.gov) by 9:00am each morning for morning workouts. The Head Coach will be given the weather report by 9:30 am each morning.
- A second report will be taken at 1:00pm for the afternoon workout. The Head Coach will receive the report at 1:30 pm.
- The temperature of the day will dictate which protocol will be followed.
- Daily temperature reports will be on file in Athletic Trainers office.
- The District Athletic Trainer will obtain a weather report from the internet or the National Weather Service.
- Report will be given to the Middle School Coordinators to notify the coaching staff of the day's temperature.
- The Middle School Coaches will then set the practices per policy.
- 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 Trainers will report any violations to the District Head Athletic Trainer.
- Head Athletic Trainer will meet with Head Coach
- Violation of policies will be reported to the Athletic Coordinator in writing.

Section II—Heat Policy

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

The following are guidelines for coaches and athletic trainers to help prevent heat related illnesses and emergencies. These guidelines should be strictly followed; failure to do so could result in serious illness or death.

To decrease the risk of heat illness/emergencies:

- **Gradually Acclimatize Athletes**-getting them accustomed to working out in the heat.

For example:

Football-the first 4 days of practice must be in shorts and helmets only and then proceed on the 5th day to full pads. (Each athlete must complete the 4 days of Acclimation)

Cross Country-these athletes MUST be monitored closely at all times. Running distances should be increased gradually. Monitor weather conditions closely with staff Athletic Trainers as outlined below.

Volleyball and Basketball (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, Swim 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.

- **Identify Susceptible Athletes**-those athletes who are obese or have a larger muscle mass tend to have more heat related problems. Keep a close eye on these athletes.
- **Uniforms**-should be lightweight, breathable jerseys/pants in hot weather months. Watch for athletes wearing unnecessary extra clothing.
- **Allow Fluid Replacement**-Athletes should have unlimited access to cold water at all times. DO NOT RESTRICT WATER AS A FORM OF MOTIVATION!
- **Encourage a Good Diet**-Athletes **MUST** eat lunch to workout in extreme heat. Fat intake should be somewhat decreased. Salt intake can be slightly increased. Athletes should stay away from carbonated beverages during season.
- **Alter Practice Schedule According to Temperature/Humidity/Heat Index Readings**- We will use instrumentation at the campus level in conjunction with the national weather service to determine what precautions need to be taken. Practices may be altered according to the following conditions:
- **Athletic Trainers will have necessary supplies on the field/court for hydration and cooling of the athletes.**

Temperature is between 90 – 99 and / or a heat index below 109 degrees

Football – Athletes will receive a 5 minute break every 30 minutes with water available. Athletes should be closely monitored. Helmets will be allowed to be removed during breaks or instructional non-contact drills.

Cross Country/ Track – Athletes will receive a 5 minute break every 30 minutes with water available. Athletes are to be monitored closely.

Baseball/Softball/Soccer/Tennis/Golf and SWIM– Athletes will receive a 5 minute break every 30 minutes with water available. Athletes are to be monitored closely

Off-season programs – 45 minutes total heat exposure with 1 water break

Indoor sports – Coaches must have athletic trainer’s approval to practice outside.

Temperature is between 100 – 102 and / or a heat index below 109 degrees

Football – Pants may be worn for a limited time during practice at the discretion of the Athletic Coordinator and Athletic Trainer. After the time limit is reached, athletes will be in shorts/shoulder pads/helmets. Athletes will receive a 5 minute break every 30 minutes with water available. Athletes should be closely monitored. Helmets will be allowed to be removed during breaks or instructional non-contact drills. Practice will not exceed 2 hours of total exposure. **Middle school football must be in shorts and helmets only.**

Cross Country/ Track – Athletes will not be allowed to run off campus. Coach must not lose eyesight. Athletes will receive a 5 minute break every 30 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 2 hours of total exposure.

Baseball/Softball/Soccer/Tennis/Golf and SWIM– Athletes will receive a 5 minute break every 30 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 2 hours of total exposure. Off-season programs – 45 minutes total heat exposure with 2 water breaks

Indoor sports – No outside practices.

Temperature is between 102 – 105 and / or a heat index between 110-115 degrees.

Middle schools – All outdoor practices limited to 1 hour with 2 water breaks of 5 minutes. Attire is to be shorts and t- shirts only.

High Schools - Practice in morning if possible.

Football – Pads may be worn for a limited time during practice at the discretion of the Athletic Coordinator and Athletic Trainer. After the time limit is reached, Athletes will be in shorts, T shirts, and helmets only. Athletes will receive a 5 minute break every 20 minutes with water available. Athletes should be closely monitored. . Practice will not exceed 1.5 hours of total exposure.

Cross Country/ Track – Athletes will not be allowed to run off campus. Coach must not lose eyesight of any athlete. Athletes will receive a 5 minute break every 20 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 1.5 hours of total exposure.

Baseball/Softball/Soccer/Tennis/Golf and SWIM – Athletes will receive a 5 minute break every 20 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 1.5 hours of total exposure.

Off-season programs – 30 minutes total heat exposure with 1 water break.

Indoor sports – No outside practices.

Temperature is greater than 107 and/or a heat index is greater than 115

Middle Schools – No Practice

High Schools - Practice in morning if possible.

Football- Practice will be at the discretion of the Athletic Coordinator and Athletic Trainer.

Athletes will wear shorts and shirts only with 5min break every 20 min. Practice will not exceed 1.5 hours.

Cross Country/ Track – Practice will be at the discretion of the Athletic Coordinator and Athletic Trainer. Athletes will not be allowed to run off campus. Coach must not lose eyesight of any athlete. Athletes will receive a 5 minute break every 20 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 1.5 hours of total exposure.

Baseball/Softball/Soccer/Tennis/Golf and SWIM – Practice will be at the discretion of the Athletic Coordinator and Athletic Trainer. Athletes will receive a 5 minute break every 20 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 1.5 hours of total exposure.

Indoor sports – No outside practices.

****The NORTHSIDE I.S.D. Athletic Department reserves the right to modify or cancel games or practices due to extreme weather conditions.**

