

Updated: September 2023

Crosby ISD Weather and Athletic / Extracurricular Participation Guidelines

Heat Stress and Athletic Participation UIL / Wet Bulb Globe Temperature Guidelines

The UIL has established a new tool to evaluate heat stress and athletic participation. It is known as the **Wet Bulb Globe Temperature** index or **WBGT**. The **WBGT** accounts for activity in direct sunlight and factors in temperature, humidity, wind speed, sun angle, and cloud cover. This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas. Crosby ISD athletics has a Wet Bulb Globe Temperature device. Coaches and trainers monitor the device throughout the day. Crosby ISD will use the following guidelines for all athletics and extracurricular activities that take place outdoors, including but not limited to: Football, Marching Band, Tennis, Cross Country, Dance, etc.

UIL / Wet Bulb Globe Temperature Guidelines	
< 82.0°	Normal Activities. Provide at least three (3) separate rest breaks each hour with a minimum duration of three (3) minutes each during the workout
82.2° - 86.9°	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of four (4) minutes each.
87.1° - 90.0°	Maximum practice time is two (2) hours. FOR FOOTBALL: 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. FOR ALL SPORTS/EXTRACURRICULAR ACTIVITIES: Provide at least four (4) separate rest breaks each hour with a minimum duration of four (4) minutes each.
90.1° - 91.9°	Maximum practice time is one (1) hour. FOR FOOTBALL: No protective equipment may be worn during practice, and there may be no condition activities. FOR ALL SPORTS/EXTRACURRICULAR ACTIVITIES: There must be twenty (20) minutes of rest breaks distributed throughout the hour of practice.
≥ 92.1°	No outdoor workouts or practices. Delay practice until a cooler WBGT is reached.

The table above provides a guideline for modification of activities based on the environmental conditions in each region. Crosby ISD falls within the WBGT index Category 3 Region. <https://www.uiltexas.org/health/info/heat-stress-and-athletic-participation>



Examples of Wet Bulb Globe Temperature devices. Crosby ISD athletics has a Wet Bulb Globe Temperature device. Coaches and trainers monitor the device throughout the day.

Heat Illnesses and Rehydration

Heat illnesses occur when the body is not able to remove heat from the body effectively. This process is decreased by several factors: temperature, humidity, sun intensity, fluid and electrolyte loss, intensity and duration of exercise in the heat. Of all these, fluid loss is the most important factor leading to a heat related illness. A loss of 1-2 % (2-3 lbs. For a 150lb person) can significantly affect the body's ability to keep it cool.

Heat related illnesses fall into 4 main categories:

Heat Cramps	Heat Syncope	Heat Exhaustion (Water Depletion)	Heat Exhaustion (Salt Depletion)	Heat Stroke
Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.	Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.	Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.	Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.	An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).
		Steps to Follow Have the person lay down in a cool, quiet place. Loosen clothing. Remove if tight or heavy.	Steps to Follow Have the person lay down in a cool, quiet place. Loosen clothing. Remove if tight or heavy.	Steps to Follow Call the school nurse/trainer/911. Place in a cool, quiet place. Remove outer

Heat Cramps	Heat Syncope	Heat Exhaustion (Water Depletion)	Heat Exhaustion (Salt Depletion)	Heat Stroke
		<p>Call the school nurse or trainer.</p> <p>Apply cool, wet cloths or sponge with cool water.</p> <p>Notify parents.</p> <p>Call 911 if the condition worsens or the person shows signs of shock.</p>	<p>Call the school nurse or trainer.</p> <p>Apply cool, wet cloths or sponge with cool water.</p> <p>Notify parents.</p> <p>Call 911 if the condition worsens or the person shows signs of shock.</p>	<p>clothing.</p> <p>Apply cold, wet cloths or sponge with water.</p> <p>Take temperature.</p> <p>If conscious, give sips of cold water.</p> <p>Notify parent.</p>

All of these injuries are preventable with proper attention to pre-participation fluid consumption.

1. Weigh before and after each workout. A loss of 5% body weight must be made up prior to the next workout. 1-qt/1l for each 2-lbs/1 kg.
2. At least 30 min prior to workout each athlete should drink a minimum of 1 qt. of fluid. If the workout is expected to last more than an hour, be in extreme heat/humidity or is very intense, then the fluid should be similar to Gatorade and even be supplemented with a little extra sodium. If an athlete knows how much weight/fluid they lose on a daily basis then they should try to drink that much prior to the workout.
3. Take a break every 20-30 min and have each athlete drink at least 8oz (1 cup) of fluid.
4. Allow athletes to take breaks in the shade, if possible. This is the best way to help the body recover from overheating, when not coupled with other methods.
5. Watch for signs of developing injuries or illnesses.
6. Allow time for acclimation to both the heat and the intensity of workouts.

Read more of the UIL's guidelines here: <https://www.uiltexas.org/health/info/heat-stress-and-athletic-participation>

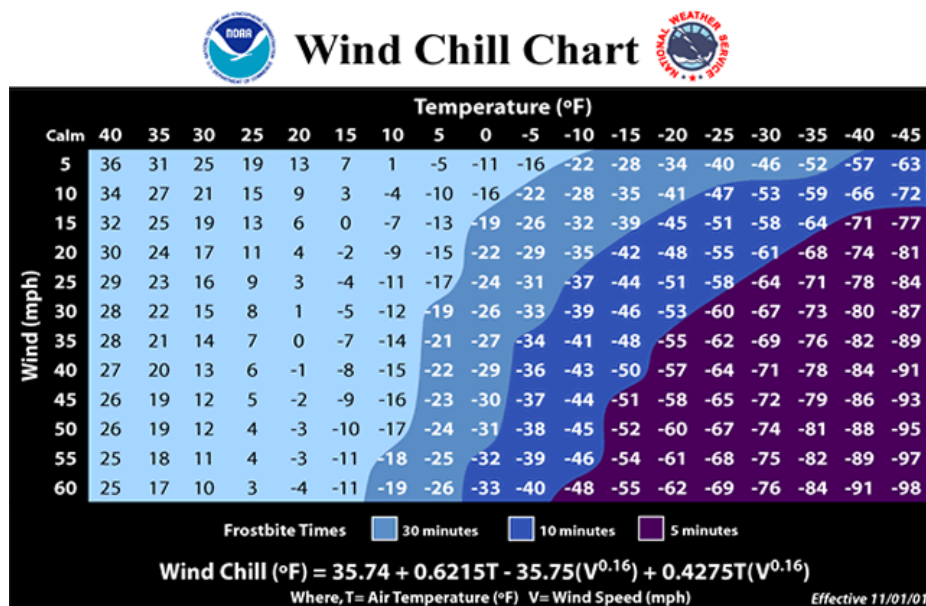
Heat Stress and Recess Participation

All campus principals and designees should monitor the weather in order to plan for student's playtime at recess and on outdoor field trips. The guidelines discussed below are based on the National Weather Service and will provide information to teachers and staff as they plan for each school day.

Temp	Relative Humidity	Relative Humidity	Relative Humidity
	0-69	70-94	95-100
84-89	Comfortable outdoor play >20 minutes	Caution Outdoor Play 15 minutes or less	No outdoor play
90-93	Limit outdoor play 20 minutes or less	Caution Outdoor Play 10 minutes or less	No outdoor play
94-99	Caution outdoor play 15 minutes or less	No outdoor play	No outdoor play
≥100	No outdoor play	No outdoor play	No outdoor play

Cold Weather Stress and Athletic / Extracurricular Participation Crosby ISD Local Guidelines

Temperature and wind chill will be taken by Head Coach / Athletic Trainers to determine which protocol will be followed. Games to be postponed due to cold weather will be determined on a case by case basis by the Superintendent of Schools and Director of Athletics.



The National Weather Service Wind Chill Chart above includes a frostbite indicator, showing the points where temperature, wind speed and exposure time will produce frostbite on humans. The chart above includes three shaded areas of frostbite danger. Each shaded area shows how long (30, 10 and 5 minutes) a person can be exposed before frostbite develops. For example, a temperature of 0°F and <https://www.weather.gov/safety/cold-wind-chill-chart>

There are two pathologies that cold weather can induce: hypothermia and frostbite.

- **Hypothermia** is defined as a decrease in the core body temperature to at least 95 degrees. It occurs when the heat loss is greater than the metabolic and heat production. Precipitation can also have a negative impact on body temperature, by allowing cooling to intensify due to evaporation of the water (sweat, rain, snow) held close to the skin by wet clothing.
- **Frostbite** is a thermal injury to the skin, which can result from prolonged exposure to moderate cold or brief exposure to extreme cold. The body areas most prone to frostbite are the hands, feet, nose, ears, and cheeks.

Temperature	High School	Temperature	Middle School
$\geq 36^\circ$	No Restrictions. Monitor at risk athletes (overweight/asthmatic).	$\geq 45^\circ$	No Restrictions. Monitor at risk athletes (overweight/asthmatic).
33-35°	35 minutes of exposure with 20 minutes inside the gym (after 20 minutes may return outside). Warm-up must be done inside. Dry clothing. Dressed with extremities covered. Ensure all students are dressed appropriately: wearing a hat that covers the ears, gloves to cover hands and well as clothing that covers arms and legs.	35-45°	35 minutes of exposure with 20 minutes inside the gym (after 20 minutes may return outside). Warm-up must be done inside. Dry clothing. Dressed with extremities covered. Ensure all students are dressed appropriately: wearing a hat that covers the ears, gloves to cover hands and well as clothing that covers arms and legs.
$\leq 32^\circ$	All practices inside. No outside exposure.	$\leq 35^\circ$	All practices inside. No outside exposure.

Read more of the UIL's guidelines here: <https://www.uiltexas.org/health/info/cold-weather-illness>

Cold Stress and Recess Participation

All campus principals and designees should monitor the weather in order to plan for student's playtime at recess and on outdoor field trips. A suggested temperature for allowing students to go outside for recess and/or physical education is 40 degrees or above. However, good judgment should be used if there is a wind chill factor.

Temp	Wind Speed mph	Wind Speed mph	Wind Speed mph
	0-19	19-35	>35
>40°	Comfortable outdoor play >20 minutes	Caution Outdoor Play 15 minutes or less	No outdoor play
33-39°	Limit outdoor play 20 minutes or less	Caution Outdoor Play 10 minutes or less	No outdoor play
≤32°	No outdoor play	No outdoor play	No outdoor play

Crosby ISD Lightning Policy

There is a 10-mile range policy for lightning. All coaches with outdoor sports will be called/texted by either Coach Bennett or Coach Garza to have everyone come indoors. No outdoor activities can be resumed until there has been no lightning detected within the 10-mile radius for 30 consecutive minutes.