

MISD ATHLETIC DEPARTMENT

HOT WEATHER POLICY

Practice or competition in hot and humid environmental conditions poses special problems for student-athletes. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

General Considerations for Risk Reductions

1. Encourage proper education regarding heat illnesses (for athletes, coaches parents, medical staff, etc.) Education about risk factors should focus on hydration needs; acclimatization, work/rest ratio, signs and symptoms of exertional heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
2. Assure that onsite medical staff has authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and/or athlete's medical condition.

General Guidelines:

1. An initial complete medical history and physical exam.
2. Gradual acclimatization of the athlete to hot/humid conditions is a must. We advise that student-athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of seven to 10 days to achieve acclimatization.
3. Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During acclimatization process, student athlete should practice in T-shirts, shorts, socks and shoes. Rubberized suits should never be worn.
4. To identify heat stress conditions, regular measurements of environmental conditions will be taken daily. 1:30 4 places MISD will use SkyScan Thermal Indicator.

Specific Guidelines

Heat index of less than 100 degrees:

Unrestricted access to water at all times. Asthmatic athletes may remove themselves from workout without penalties or repercussions.

- No Restrictions

Heat Index of 100-105 degrees:

Unrestricted access to water at all times. Asthmatic athletes may remove themselves from workout without penalties or repercussions.

HIGH SCHOOL FOOTBALL

Move football practice indoors

(If in full pads)

Football attire (if outside) .

shells, shoulder pads, helmets

Can take helmets off when not actively participating

Outdoor workout limited to 2 hours, 10 minute break every 45 minutes.

OTHER HIGH SCHOOL SPORTS

Cross Country: stay on campus

limit runs to 1/2 length

Practice not to exceed 2 hours

MIDDLE SCHOOL FOOTBALL

Shorts, Shoulder Pads, Helmets,

outside-30 mi – 15 mm. breaks

Tents/Shaded indoors

Light Colors

Conditioning –No Equipment

Heat Index of 106-110 degrees:

Unrestricted access to water at all times. Asthmatic athletes may remove themselves from workout without penalties or repercussions.

HIGH SCHOOL FOOTBALL

Light colored shorts, t-shirts, no extraneous gear

15 minute break every hour .

(45 mm. activity – 15 mm. break)

Practice shortened

Conditioning indoor

MIDDLE SCHOOL FOOTBALL

Shorts, T-Shirts, Light Colors

outside-30 min – 15 min. breaks

Tents/Shaded indoors

Water 5 minutes

Conditioning indoors

Heat Index of Greater than 110 degrees:

Unrestricted access to water at all times. Asthmatic athletes may remove themselves from workout without penalties or repercussions.

HIGH SCHOOL FOOTBALL

Athletic

Trainer's Discretion

OTHER HIGH SCHOOL SPORTS

Athletic

Trainer's Discretion

MIDDLE SCHOOL FOOTBALL

Walk through only

Shorts, T-Shirts

Outside-20 min., Inside

Tents

Water-10 minutes

Any conditioning indoors