



IRVING

Independent School District

IRVING ISD WEATHER GUIDELINES

To ensure the health and safety of our student athletes and staff, Irving ISD Athletics has implemented weather related safety guidelines. This includes guidelines for heat, cold and inclement weather situations. Irving ISD utilizes a Kestrel meter and Perry Weather to monitor the weather and guide all decisions for weather related safety.

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Heat Guidelines

District protocol for heat guidelines are based on the UIL and NATA guidelines utilizing wet bulb globe temperature (WGBT) obtained and monitored by the athletic trainers and campus athletic coordinators using Kestrel heat stress trackers. The following guidelines are in place to minimize the risk of exertional heat illness.

Recognition

Exertional heat illness (EHI) may include heat cramping, heat syncope (fainting), heat exhaustion or heat stroke. EHI can stem from multiple causes including dehydration, lack of sleep, illness (vomiting and/or fever), improper clothing, excessive exertion, inadequate heat acclimatization, overweight or obese individuals, decreased fitness levels and predisposing weather conditions (high wet bulb globe temperature). When conditions and risk factors are not taken into consideration, EHI can be a high risk to our student athletes, even fatal.

Signs/Symptoms of Exertional Heat Illness

Heat Cramps: Heat cramps are the most common EHI condition in athletics. It involves muscle cramping, typically of the calf muscles first and sometimes the thigh muscles. In more severe cases, the cramping may also include the abdomen and low back.

Heat Syncope: Heat syncope is a fainting episode. It usually occurs in an individual that is not acclimatized to heat and has been standing for a prolonged period without movement. This results in the pooling of blood to the lower extremity, resulting in inadequate blood flow to the brain leading to fainting. Symptoms leading up to a loss of consciousness may include feeling dizzy or light-headed, weakness, pale skin and tunnel vision.

Heat Exhaustion: Heat exhaustion is the result of cardiovascular insufficiency and energy depletion. Dehydration leads to decreased circulation of oxygenated blood to the organs and muscles. Signs and symptoms may include extreme fatigue, weakness, nausea, fainting, vomiting, dizziness or light-headed, pale skin, chills, headache, heavy sweating, decreased muscle coordination and hyperventilation.

Heat Stroke: Exertional heat stroke is caused by an increase in an individual's core body temperature as a result of physical activity in hot weather. Signs and symptoms are similar to those experiencing heat exhaustion but may also include altered consciousness, disorientation, staggering or feeling "sluggish", and central nervous system dysfunction. The defining factors that separate heat stroke from heat exhaustion are core temperature >105°F and/or central nervous system (CNS) dysfunction status. CNS dysfunction symptoms may include irritability, irrational behavior, confusion, emotional instability, altered consciousness or collapse.

Keys to Preventing Exertional Heat Illness Starting at Home

- Parents/guardians should ensure adequate rest at home. American Academy of Pediatrics recommends 8-10 hours of sleep each night.
- Parents/guardians should ensure proper and adequate nutrition and hydration. An easy way to monitor hydration is the color of urine. Urine should be light colored or clear. The darker the urine, the more dehydrated the individual.
- Parents/guardians should ensure appropriate clothing for outdoor activity (loose-fitting, light-colored clothing). This should include shorts and t-shirts only. Athletes participating in outdoor activity should not wear long sleeve shirts or pants (including tights or leggings).
- Parents/guardians should communicate with athletic trainers and coaches regarding a recent illness, any medications that predispose an athlete to EHI, or conditions at home that could predispose an athlete to EHI (including lack of air conditioning, water or food).

Prevention of Exertional Heat Illness August through May

- No outdoor practices (including conditioning) allowed between 12 and 5:30pm prior to the first day of school.
- Student athletes are required to wear appropriate loose-fitting, light-colored clothing. This should include shorts and t-shirts only. Athletes participating in outdoor activity should not wear long sleeve shirts or pants (including tights or leggings).
- Water must be accessible for all activity. No student will be denied water breaks. Water breaks are mandatory every 20-30minutes at minimum. A 5-10minute full rest & water break is highly recommended after each hour of practice.
- Rest/water breaks will be taken in shaded areas when possible.
- Athletes with an increased risk should be monitored and allowed to rest as needed. Those at risk include students with previous EHI, overweight or obese individuals, decreased fitness levels, lean body mass, heavy &/or salty sweaters, individuals recovering from a recent illness, various pre-existing medical conditions and those individuals that are not acclimated to heat.
- Students participating in football will be required to weigh in prior to practice in shorts only and weigh out after practice in shorts only. This will be in effect for the first 10 days of participation for each student athlete. Each student athlete must weigh in $\geq 2\%$ of their initial recorded weight each day to be allowed to participate.
- WBGT must be taken by the athletic trainers at the high school level & the campus coordinator at the middle school level daily prior to the start of every practice for all outdoor sports and hourly throughout practices in August and September. WBGT will be checked as needed the remainder of the school year. Readings are required to be recorded in August & September as directed by the coordinator of sports medicine. At the middle school level, WBGT readings are not required for practices that are completed by 9am. At the high school level, morning WBGT readings are only required when football holds a padded practice past 9am. At the high school level, WBGT readings will be taken for each athletic period with outdoor activity after 10am. Practice modifications will be followed by all per the WBGT chart provided below. Practice duration starts with outside exposure of first student athlete.
- Option B of the red zone of WBGT practice modifications will not be allowed for football until the 10 day UIL acclimatization rules have been met. If a student athlete started late and is still following the 10 day UIL acclimatization rules while the rest of the team is participating under Option B guidelines, that individual must abide by UIL acclimatization rules.
- Football will follow the UIL requirements for acclimatization for each student athlete. The UIL acclimatization rules and the requirement to weigh in & out for 10 days will apply to each student athlete starting each individual's first day of activity.
- Football will remove helmets & shoulder pads for conditioning. Remove equipment throughout practice when possible for non-contact drills.
- Practices may be shut down at discretion of the athletic trainer in the event there are multiple EHI cases in one practice.

WET-BULB GLOBE TEMPERATURE (WBGT) GUIDELINES

PRACTICE MODIFICATIONS

<82.0

Normal activities. Provide ≥ 3 separate breaks/hour ≥ 3 min each during workout.

82.0-86.9

Use discretion for intense or prolonged exercise. Watch at-risk players carefully. Provide ≥ 3 separate breaks 5min each during workout.

87.0-89.9

Maximum practice time=2 hours. Provide ≥ 4 separate breaks/hour 5min each during workout. Football: Restricted to helmet, shoulder pads & shorts during practice. All equipment must be removed for conditioning activities.

90.0-92.0

Maximum practice time=1 hour. Provide 4 separate 5min breaks during workout. No conditioning activities. No protective equipment may be worn during practice. **Football Option B:** Maximum practice time=40min. 10min shells only, 5min break, 10min shells only, 5min break, 10min no equipment. No conditioning activities.

92.1-93.9

No outdoor activity allowed for indoor sports. Outdoor sports: Maximum practice time=30 minutes. No equipment. No conditioning. 15min light intensity; 5min break; 10min light intensity. *Light intensity is defined as a light jog (no sprinting or striding). For position groups with low numbers, # of reps will be reduced within the allowed activity sessions.

>93.9

No outdoor activity allowed.

Guidelines for hydration/rest breaks:

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
2. For football, helmets should be removed during rest time.
3. The site of the rest time should be a "cooling zone" and not in direct sunlight.
4. When the WBGT reading is greater than 86°F (30°C):
 - a. Ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid in the cooling process.
 - b. Cold-water immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

Definitions:

1. Practice: The period of time that a participant engages in coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave the field.

Management of Exertional Heat Illness During the School Year

- Standard best practices will be utilized to both diagnose and treat heat illness. The athletic trainer (or lead on site) will assess the athlete's condition to determine the necessary level of care.
- Each campus will be required to maintain an outdoor cooling station for outdoor sports in August and September. This cooling station must be in a shaded area and include drinking water and ice towels. A misting fan is recommended if electricity is available.
- Each high school campus will be required to maintain a cold-water immersion (CWI) station. The CWI station must be set up in a shaded area, however, it is highly recommended the CWI station be set up in a locker room with air conditioning close to the field & weight room if feasible. It is required the tub always remains at least half full and ensured there is a minimum of three ten-gallon coolers of ice filled and located next to the tub at all times. The water must be between 50°F & 60°F when ice is added for adequate cooling.
- Each middle school campus, high school cross country team and Irving Golf Club are provided a tarp and will use the Tarp Assisted Cooling & Oscillation method or TACO for immediate cooling. There will be an additional tarp housed in the athletic training room at the high school campuses for sports competing off campus to travel with when a venue does not provide an approved cooling method on site. A minimum of 2-10 gal coolers of cold water and 1-10gal cooler of ice must be readily accessible for exertional heat illness emergencies. The provided link provides a demonstration of the TACO method. <https://www.youtube.com/watch?v=RQ4aAHKAn7Q>
- In the event of heat cramping, the athlete will be moved to the shade, begin stretching, be provided water and monitored closely. The athlete may return to participation at the athletic trainer's discretion.
- In the event of heat syncope (fainting), the athlete will be moved indoors with air conditioning, provided ice towels and water and monitored closely by the athletic trainers/coaches. At the middle school level, 911 will be called immediately. At the high school level, EMS will be activated at the athletic trainer's discretion. In compliance with Senate Bill 82, the athlete may not return to any participation until they have been cleared by physician (MD/DO).
- In the event of heat exhaustion, the athlete will be moved indoors with air conditioning, provided ice towels and water and monitored closely by the athletic trainers. The athlete may not return to any participation for a minimum of 24hrs and should gradually increase intensity and duration of activity upon returning at the discretion of the athletic trainers.
- In the event an athlete shows signs of exertional heat stroke, immediate cooling of the athlete in the cold-water immersion tub should begin, call 911 and contact the parent/guardian and coordinator of sports medicine immediately. When placing an athlete in cold water immersion tub, remove equipment and clothing first. The student athlete must remain immersed up to the shoulders in the cold-water immersion tub for a minimum of 20minutes prior to ambulance transport. The athlete may not return to any participation until cleared by the treating physician and district athletic trainer. The athlete must sit out of a minimum of one week and is required to complete a gradual return to sport protocol under the supervision of an athletic trainer in collaboration with the treating physician and team physician.

Prevention of Heat Illness for Summer Voluntary Activity-June & July

- No outdoor activity will be allowed between 12pm and 6pm unless individually and specifically approved by the Coordinator of Sports Medicine. Coaches must contact the Coordinator of Sports Medicine in advance if activity occurs during this blackout period. The Coordinator of Sports Medicine will check WBGT and review workout agenda prior to allowing activity.
 - When summer league schedules require outdoor games during the blackout period of the day, students not actively participating must break with adequate water supply. This break is recommended to be in an air-conditioned facility but required, at minimum, to be in a shaded area. If teams play back-to-back games, a mandatory 10 minute water break is required. This break is recommended to be in an air-conditioned facility, but required, at minimum, to be in a shaded area with adequate water supply.
- Outdoor summer workouts are limited to no more than a total of two hours per day, not including summer league games.
- Coaches of indoor sports conducting any outdoor activity must have a specific workout approved by the IISD Coordinator of Sports Medicine via email in advance. You are required to email an agenda detailing your workouts, including the date and time of workouts. If any revisions occur, you are required to notify the Coordinator of Sports Medicine in advance.
- Indoor activity requires air conditioning. If air conditioning is not working, activity is limited to a total of two hours each day. If the athlete has already or will be participating in outdoor activity in addition to indoor activity when AC is not available, the athlete is not allowed more than two hours total of activity for the day.
- Student athletes are required to wear appropriate clothing (loose-fitting, light-colored clothing). This should include shorts and t-shirts only. Athletes participating in outdoor activity should not wear long sleeve shirts or pants (including tights or leggings).
- Water must be accessible for all activity. No student will be denied water breaks. A full 5-minute water break will be required every 20 minutes in shaded areas.
- Athletes with an increased risk should be monitored and allowed to rest as needed. Those at risk include students with previous EHI, overweight or obese individuals, decreased fitness levels, lean body mass, heavy &/or salty sweater, individuals recovering from a recent illness, and those individuals that are not acclimated to heat.

Management of Exertional Heat Illness in June & July When Athletic Trainers Are Not Present

- All Irving ISD coaches conducting outdoor summer workouts will be required to watch the video by using the link provided prior to the first workout. You may skip to the 2:30 mark, as the beginning of the video is specific to in-season football workouts with equipment. <https://www.youtube.com/watch?v=lztHtCgjwBM>
- Each campus will be required to maintain a cold-water immersion station. The tub should be set up in a locker room (with air conditioning) close to the field & weight room. Coaches will be required to ensure the water stays half full at all times. Coaches will be required to ensure a minimum of three ten-gallon coolers of ice are filled and located next to the tub at all times. The water must be between 50°F & 60°F when ice is added.
- At the middle school level, each campus has been given a tarp. Any coach conducting outdoor workouts must know the exact location of the tarp, a water source and have a minimum of 1-10gallon cooler of ice readily available. Watch this video for instructions and demonstration of the TACO method. <https://www.youtube.com/watch?v=RQ4aAHKAn7Q>

- In the event of heat cramping, the athlete will be moved to the shade, begin stretching, be provided water and monitored closely. The athlete may return to participation when the cramping subsides. If cramping is recurring that day, the student athlete must be shut down for the remainder of the day.
- In the event of heat syncope (fainting), call 911. The athlete will be moved indoors with air conditioning, provided ice towels and water and monitored closely until EMS arrives. Parents and the coordinator of sports medicine are to be contacted immediately. In compliance with Senate Bill 82, the athlete may not return to any participation until they have been cleared by a physician (MD/DO) and the coordinator of sports medicine.
- In the event of heat exhaustion, the athlete will be moved indoors with air conditioning, provided ice towels and water and monitored closely. The athlete may not return to any participation for a minimum of 24hrs and should gradually increase intensity and duration of activity upon returning.
- In the event an athlete shows signs of exertional heat stroke, coaches will be responsible for immediate cooling of the athlete in the cold-water immersion tub, enacting EMS and contacting the parent/guardian and coordinator of sports medicine immediately. In the event of suspected EHS, do not wait to make contact with an athletic trainer before activating EMS. The student athlete must remain in the cold-water immersion tub up to their shoulders for a minimum 20minutes prior to ambulance transport. The athlete may not return to any participation until cleared by a physician and the coordinator of sports medicine. The athlete must sit out of a minimum of one week and is required to complete a gradual return to sport protocol under the supervision of the coordinator of sports medicine in collaboration with the treating physician and team physician.

www.ksi.uconn.edu/emergency-conditions/heat-illness/

<https://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/03/CWI-Cooling-Guidelines.pdf>