

LEWISVILLE ISD 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:
- Rapid cooling zones must be available for each outdoor athletic and marching band contest, practice, workout, or conditioning session that is held in wet bulb globe temperatures of 80 degrees or higher.
- 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.

UIL & Lewisville ISD WBGT Activity Guidelines	
WBGT Reading	Practice Guidelines and Rest Break Guidelines
< 82.0	Normal Activities - Provide at least 3 separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0 - 86.9	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
87.0 - 90.0	Maximum practice time is 2 hours; <u>For Football</u> : 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. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
90.1 - 92.0	Maximum practice time is 1 hour; <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
Over 92.0	NO outdoor workouts. Delay practices until a cooler WBGT is reached.
*Values in the above chart are WBGT measurements (not temperature or heat index measurements).	