

PISD Athletics Hot Weather Guidelines

The University Interscholastic League (UIL) sets all of the starting practice dates for all of the PISD sports. We make sure that the athletes have water available at all times during the practice and a designated water break every 20 minutes. At the coaches in-service each August, the heat issue is addressed and the coaches also receive a handout with information regarding recognition and treatment of heat related illnesses.

The UIL sets the rules governing the lengths of practices and there is a four day helmets only period to try and help acclimate the athletes to the heat, before all of the football equipment is put on. Heat related issues are the number one priority for all PISD teams that practice outside this time of year.

The following guidelines will be followed by the PISD football teams:

1. Gradual acclimatization for the student to hot/humid conditions as per UIL guidelines.
2. Students will be given unlimited access to drinking water throughout practices.
3. To identify the heat stress conditions at each school campus use the Telvent Weather Service provided by the Athletic Department at <http://weather.dtn.com>
4. Watch for the following signs of heat problems
 - Profuse sweating, or no sweating at all (if there is no sweat this could be the beginning of a heat stroke. Get medical help immediately).
 - Dizziness or “spots” before student’s eyes.
 - Slurring of speech (could be heat stroke).
5. If you have a student that exhibits any of the above behaviors, do the following:
 - Remove student from practice and take to a cool or shaded area (a Coach should remain with the student)
 - Remove any excess clothing but do not expose the student in any way
 - Give them plenty of water to drink
 - Use cool towels; do not pour water over the student

Specific Guidelines

Heat index of less than 100:

- Mandatory water breaks every 20 minutes
- Unlimited access to drinking water at all times

Heat index of 100-105:

- Mandatory water breaks every 20 minutes
- Unlimited access to drinking water at all times

Heat index of 106-110:

- Mandatory water breaks every 20 minutes
- Unlimited access to drinking water at all times
- Outside practice not to exceed 2 hours

Heat index of 111-117:

- Mandatory water breaks every 20 minutes
- Unlimited access to drinking water at all times
- Outside practice not to exceed 1 hour 30 minutes
- Helmets and shoulder pads suggested

Heat index of 118 and above: No outside practice allowed