



# Karnes city isd heat policy

## Football 2024

The following KCISD Heat Policy will be in effect for football practice and competition. This information should be shared with all football coaches. Coaches should be familiar with Wet Bulb cutoff temperatures and exposure times. Coaches are expected to utilize first aid and CPR certifications when medical staff are unavailable. These recommendations are based on the UIL's most recent statement and should be followed using discretion in situational circumstances.

### **Risks Associated with Heat Exposure**

Heat Cramps – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.

Heat syncope – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.

Heat Exhaustion – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

Heatstroke – An acute medical emergency related to thermoregulatory failure. Nausea, seizures, disorientation, and possible unconsciousness or coma. Unconscious with a high body temperature.

### **Recognition of Potential Heat Illnesses – What to Look For**

Carefully observe athletes that have lost significant weight.

Watch for eager athletes who constantly compete at his/her capacity.

Trouble signs: nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.

### **Recommendations For Practice**

Workouts should be planned around a **gradual acclimatization to hot weather**.

- UIL requires a 5-day acclimation period for football that will be followed.

Water should be available in unlimited quantities

- Cows and coolers of ice to refill available for every football workout

- Student Trainers will always keep water bottles on hand and will migrate through the groups of athletes offering water when they are not on break
- Never restrict athletes from water at any time

Rapid cooling stations which will include canopies, fans, misters, cold tubs, ice tarps, and cold towels will be on site.

- Athletic Trainer and Student Athletic Trainers are the trained individuals available to administer appropriate cooling techniques
- Coaches will be trained at the discretion of the AD and athletic trainer.

Breaks should be provided following UIL guidelines

Consider temperature **and** humidity

Perry Weather notifications are recommendations and will be followed at the Head Football coaches discretion based on situational circumstances and resources available.

- Perry Weather WBGT readings will be taken 15 minutes prior to practice and every 15 minutes during practice. Modifications to equipment and intensity will be fluid as measurements change.
- WBGT readings will be recorded daily by Perry Weather and may be accessed by the Athletic Trainer for documentation.

Practices are to be timed from when players report to the field until they leave the field.

- Indoor time is not counted towards the time limit
- The consideration of stretching and warming up indoors will be at the discretion of the Head Football Coach.

**Medical Staff will make recommendations based on UIL guidelines.**

### **Rules of Thumb for Competition**

Full WBGT recommendations may not be followed unless there is an emergency

WBGT monitoring 15 minutes prior to the event and every 15 minutes during.

- For home events medical staff will monitor
- For away games an assigned coach will monitor

Rapid cooling stations must be available and include but not limited to canopies, fans, misters, cold tube, ice tarps and ice towels.

- Before away games the Athletic Trainer or AD will contact hosting school to verify the ability of resources.

Modifications may be made at the discretion of the AD

- Start times may be changed

- Strategically planned timeouts may be agreed upon by the head coaches of each team
- Lengthened halftimes
- Decreasing the length of quarter for Junior High and JV
- Visiting teams may be allowed access to an air-conditioned area for warm ups
- Bottled water may be sent for bus travel

## Notification of Heat Excess and Enforcement

Decisions for outdoor activity will be made based on the WBGT on Perry Weather and at the discretion of the school administration, Athletic Director, and Athletic Trainer.

All coaches should monitor the WBGT temperature on Perry weather before and during activity.

Head Coaches will be responsible for monitoring students and adhering to exposure times.

Game cancellations and postponements will be at the discretions of school administration, the Athletic Director and Athletic Trainer.

**The below table shows recommendations from UIL. For football, if medical staff and cooling stations are available, AD and Athletic Trainer may allow some minimal activity during periods over 92.1 that will be strictly monitored.**

Below are the thresholds that Perry Weather alerts will be based on:

WBGT	Activity Guidelines
< 82.0 F < 27.8 C	Normal Activities – At least 3 water breaks each hour for no less than 3 minutes.
82.2-86.9F 27.9-30.5C	Use discretion for intensity and duration – At least 3 breaks each hour for no less than 4 minutes
87.1-90.0F 30.6-32.2C	Maximum practice time is 2 hours. <b>For FB:</b> players are restricted to helmet, shoulder pads and shorts. <b>For all sports:</b> At least 4 breaks each hour for no less than 4 minutes
90.1-91.9F 2.2-33.3C	Maximum practice time is 1 hour. <b>For FB:</b> No shoulder pads, helmet or pants. No conditioning. <b>For all sports:</b> At least 5 breaks for no less than 4 minutes.
>92.1F >33.4C	<b>No outdoor activities allowed.</b>

