

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 (helmets are allowed in football).
4. To identify heat stress conditions, measurements of environmental conditions will be taken daily. At the practice time, on the practice field, MISD athletic trainers will use SkyScan Thermal Indicator to monitor the heat index and the actual temperature. All middle schools will follow the guidelines set forth in the following policies.
5. Heat Index or actual temperature at the start of practice determines the policy for that practice. Practices will be shortened due to a rise in the heat index or actual temperature.

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.

- After 20 min. of participation each athlete will have a 5 min. break.

HIGH SCHOOL FOOTBALL

Full Pads (outside)-
Helmets removed at any time the athlete is not actively participating.
Remove helmets and shoulder pads during conditioning.
Limit practice to 1 ½ hours

OTHER HIGH SCHOOL SPORTS

Cross Country: stay on campus
limit runs to ½ length
Practice not to exceed 2 hours

MIDDLE SCHOOL FOOTBALL

Shells Only!
Conditioning – No Equipment

Shells (outside) -

Helmets removed at any time the athlete is not actively participating.
Remove helmets and shoulder pads during conditioning
Limit practice to 2 hours

- If a two practice day the total hours of exposure is not to exceed 3 hours.

Heat Index of 106-110 degrees:

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

- After 20 min. of participation each athlete will have a 5 min. break.

HIGH SCHOOL FOOTBALL
No Full Pad practices (outside) -
Shells (outside) -
Helmets removed at any time the athlete is not actively participating.
Remove helmets and shoulder pads during conditioning.
Limit practice to 1 ½ hours

OTHER HIGH SCHOOL SPORTS
No extraneous gear
1 ½ hour workout

MIDDLE SCHOOL FOOTBALL
Shorts, T-Shirts, Light Colors
No padded equipment
outside-30 min. exposure / 15 min. breaks
Tents/Shaded indoors
All conditioning indoors

High School Only:

- For every 45 min. exposure there must be 15 min. of no activity, indoors or in the shade, with water.

Example- 20 min. practice / 5 min. break – 20 min. practice / 15 min. (off field) – 20 min. / 5 min. break – 5 min. conditioning

- If a two practice day the total hours of exposure is not to exceed 2 ½ hours.

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.

- 20 min. exposure / 10 min break (in shade with water)

HIGH SCHOOL FOOTBALL
No Helmets.
Walk through ONLY.
1 hour total of exposure
NO Conditioning.

OTHER HIGH SCHOOL SPORTS
No extraneous gear
1 hour total of exposure

MIDDLE SCHOOL FOOTBALL
Walk through ONLY.
No Helmets.
1 hour total of exposure
All conditioning indoors

Heat Index of Greater than 115 degrees:

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

HIGH SCHOOL FOOTBALL
**Athletic Trainer/Campus Coord.
Discretion**

OTHER HIGH SCHOOL SPORTS
**Athletic Trainer/Campus Coord.
Discretion**

MIDDLE SCHOOL FOOTBALL
No outdoor activity.