

Pearland ISD Hot Weather Guidelines

High temperatures put student athletes at increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe, to heat stroke, which can be deadly. Although heat illnesses can be fatal, death is preventable if they're quickly recognized and properly treated.

When players are practicing or competing, coaches should follow the following steps to help prevent heat-related illnesses:

- Allow 10-14 days for adjusting to warmer climate/temperatures
- Reduce intensity and/or length of training with high temperatures and/or humidity
- Schedule practice during cooler times of day
- Schedule and enforce frequent drink breaks and rest periods
- Remove pads and practice in T-shirts and shorts

AT A DRY BULB TEMPERATURE READING OF 99 OR LESS WITH A HEAT INDEX OF 105 OR LESS:

- Normal practice conditions with usual breaks, unlimited access to water.

AT A DRY BULB TEMPERATURE READING OF 100 - 102 OR A HEAT INDEX OF 106 - 110:

- Athletes will continue to be given unlimited access to water and more frequent breaks.
- Cross country must stay on campus and limit run length.
- High school football practice no outdoor conditioning
- **All outside workouts for indoor sports suspended**
- **All outside workouts for Junior High Athletics Suspended.** Practice may be moved inside or resumed later in the evening when dry bulb and heat index reach allowable levels.

AT A DRY BULB TEMPERATURE READING OF 103 - 105 OR A HEAT INDEX OF 111-115:

- Shorter periods of activity with unlimited access to water and additional frequent breaks
- High school football practice should take place without shoulder pads and no conditioning

AT A DRY BULB TEMPERATURE READING OF 106 OR A HEAT INDEX OF 116 AND GREATER

- **All outdoor workouts suspended.** Practice may be moved inside or resumed later in the evening when dry bulb and heat index reach allowable levels.

Modification of Athletic Activities-

The decision to modify and/or terminate a Pearland ISD athletic activity in the event of excessive heat and/or poor air quality should be made by a member of the PISD Sports Medicine Department in consultation with the Team Physician and the head coach or his/her designee.