

SCUC ISD Athletic Department

Heat and Hydration Guides

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, correct workout attire, 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. Rubberized suits should never be worn.

4. To identify heat stress conditions, regular measurements of environmental conditions will be taken daily. SCUC ISD will use the Telvent weather reporting station at the high school level.

5. Junior High Coordinators will get a heat index reading from Telvent at 1:30 P.M. and follow the guidelines appropriate for that heat index reading.

Specific Guidelines

Heat index of less than 100:

- No Restrictions

Heat index of 100-105

High School workouts limited to 3 hours, 5 minute break every 30 minutes. Conditioning for football should take place without helmets/shoulder pads.

Junior High workouts limited to 1 1/2 hours, 10 minute break every 30 minutes.

Cross country must stay on campus, limit runs to 1/2 normal length

Athletes allowed to remove helmets if not actively participating

Unrestricted access to water at all times

Heat index of 106-110

High School workout limited to 1 1/2 hours, 5 minute break every 30 minutes

Jr. High workouts limited to 1 1/2 hours, 5 minute break every 30 minutes

Unrestricted access to water at all times

A 10 minute break should proceed all conditioning for high school

Conditioning should take place without helmets/shoulder pads and not exceed 10 minutes

Jr. High Conditioning should be moved indoors

Extra conditioning cancelled

Heat Index of 111-114

Junior High workouts should be moved indoors

High School workouts should be T-shirts/shorts/ helmets

Practice shortened

Unrestricted access to water at all times

Heat index of greater than 115= Outdoor Practices Cancelled