

## Keller ISD Athletics

### Notification of temperature

- Staff Athletic Trainer will obtain weather report from National Weather service by 9:00am each morning for morning workouts. The Head Coach of the affected sports will be given the weather report by 9:30 am each morning.
- A second report will be taken at 1:00pm for the afternoon workout. The involved Head Coach will receive the report at 1:30 pm.
- The predicted temperature of the day will dictate which protocol will be followed.
- An AT will check the temperature again right before practice starts to make sure the correct protocol is implemented.
- The high school AT will send a report to the MS coordinators, Principal, and school nurse to notify them of the days temperatures and restrictions at 9:30 AM, at 1:30 PM and prior to the high school's afternoon workouts.
- Weather reports are not required on days where the temperature falls between 45 degrees and 90 degrees.
- Keller ISD will use the following weather sites to check the forecast: [www.weather.com](http://www.weather.com) and [www.wunderground.com](http://www.wunderground.com)
  - Under ZIP code, enter "76244"
  - Make sure the weather tower used is the West Keller tower, located 1 mile NE of Central High School.

### Definition of Total Exposure Time

- Total exposure time begins at the start of any outdoor activity related to practice.
  - Activities related to practice includes the following: warm-ups, stretching, team practice, outdoor conditioning, outdoor meetings/walk-throughs, and any other activities held outdoors related to the sport.

### Enforcement of Policies

- Head Coach/Staff Athletic Trainer will monitor time of exposure.
- Staff Athletic Trainers will report any violations to the District Head Athletic Trainer.
- Head Athletic Trainer will meet with Head Coach.
- Violation of policies will be reported to the Athletic Director in writing.

## Section II—Heat Policy

**Specific heat conditions will determine activity restrictions during practice according to the following:**

### **100°F-104°F temperature and/or a heat index of 100°F-110°F**

Football: shorts & shoulder pads workout

- Football teams will be in shorts and shoulder pads
- Water breaks occurs every 30 minutes
- Each break will be 5 minutes of total rest time with helmets off.
- Practice will not exceed 2 hours of total heat exposure.
- Open water policy during entire practice.
- Helmet removal encouraged while not in contact drills.

Football: full pads workout

- Water breaks every 20 minutes.
- Each break will be 5 minutes of total rest time with helmets off.
- Practice will not exceed 1.5 hours of total heat exposure.
- Open water policy during entire practice.
- Helmet removal encouraged while not in contact drills.

Cross Country Workouts/ Men's and Women's Track

- Long distance runners have to stay on campus and/or within a park where they can be seen by the coaches.
- Athletes cannot run routes where a coach cannot see the athletes running.
- Water breaks will occur every 30 minutes with a 5 minute total rest time.
- Practice will not exceed 2 hours of total heat exposure.
  
- Track and field athletes will take a 5 minutes break every 30 minutes, athletes should be off their feet.

Baseball, Softball, Soccer and Tennis

- Players will be required to take a water break every 30 minutes with 5 minutes of total rest time.
- Practice will not exceed 2 hours of total heat exposure.

Offseason programs

- 45 minutes of total heat exposure with 1 water break during this time.

**105°F-106°F temperature and/or a heat index of 111°F-115°F**

Football

- Shorts and shoulder pad practices only.
- Breaks will occur every 20 minutes.
- Breaks will be 5 minutes of total rest time.
- Workout will be 2 hours of total heat exposure.
  
- A 1 minute station break every 2 five minute periods.
- Athletes will stay at the station there are working, and staff and student athletic trainers will water the athletes.

Cross Country Workouts/ Men's and Women's Track

- Runners have to stay on campus and/or within a park where they can be seen by the coaches.
- Athlete cannot run routes where a coach cannot see the athletes running.
- Water breaks will occur every 20 minutes with a 5 minute total rest time.
- Practice will not exceed 2 hours of total heat exposure.

Baseball, Softball, Soccer and Tennis

- Players will be required to take a water break every 20 minutes with 5 minutes of total rest time.
- Practice will not exceed 2 hours of total heat exposure.

Offseason workouts

- 30 minutes of total heat exposure with 1 water break during this time

**107°F-109°F temperature and/or a heat index of 116°F -117°F**

Football

- Shorts, shirt, and helmets only.
- Breaks will occur every 20 minutes.
- Workout will be limited to 1.5 hours of total heat exposure.
- Open water policy during entire workout.

Cross Country workouts/ Men's and Women's Track

- Runners have to stay on campus and/or within a park where they can be seen by the coaches.
- Athlete cannot run routes where a coach cannot see the athletes running.
- Water breaks will occur every 15 minutes with a 5minute total rest time.
- Practice will not exceed 1.5 hours of total heat exposure.

Baseball, Softball, Soccer and Tennis

- Tennis players will be required to take a water break every 20 minutes with 5 minutes of total rest time.
- Practice will not exceed 2 hours of total heat exposure.

Off season workouts

- 30 minutes of total heat exposure with 1 water break during this time.

**110°F or higher temperature and/or a heat index higher than 118°F**

- No outside practice allowed in any sport.

**Junior High Football**

**100°F-104°F temperature and/or a heat index of 100°F-110°F**

Shorts and shoulder pads workouts

- Water breaks will occur every 20 minutes.
- Each break will be 5 minutes of total rest time with helmets off.
- Practice will not exceed 2 hours of total heat exposure.
- Open water policy during entire practice.
- Helmet removal encouraged while not in contact drills.

Full pads workout

- Water breaks every 20 minutes.
- Each break will be 5 minutes of total rest time with helmets off.
- Practice will not exceed 1.5 hours of total heat exposure.
- Open water policy during entire practice.
- Helmet removal encouraged while not in contact drills.

**105°F or higher temperature and/or a heat index of 111°F or higher**

- No outside practice when temperature exceeds 105°F.

**Notification of temperature:**

- Physical education teachers are responsible for checking daily temperature.
- Temperatures are located on either [www.weather.com](http://www.weather.com) or [www.wunderground.com](http://www.wunderground.com); print a copy and file each day.
- Temperature check should be at 9:00am and 1:00 pm each day.
- Physical education teachers should also be aware of the ozone level for each day.

**Temperature of 101°F or higher and/or heat index of 101°F or higher**

- No outside activity for physical education classes.

**Temperature of 96°F-100°F and/or heat index of 96°F-100°F**

- **High School Physical Education Classes:**
  - Activity will not exceed 45 minutes outside exposure.
  - Water fountains need to be available during outside exposure.
  - Students should be allowed to obtain a drink of water if needed.
- **Middle School Physical Education Classes:**
  - Activity will not exceed 35 minutes outside exposure.
  - Water fountains need to be available during outside exposure.
  - Students should be allowed to obtain a drink of water if needed.
- **Intermediate School Physical Education Classes:**
  - Activity will not exceed 25 minutes outside exposure.
  - Water fountains need to be available during outside exposure.
  - Students should be allowed to obtain a drink of water if needed.
- **Elementary School Physical Education Classes:**
  - Activities will be inside.

**Temperature of 91°F-95°F and/or heat index of 91°F-95°F**

- **High School Physical Education Classes:**
  - Activity will not exceed 60 minutes outside exposure
  - Water fountains need to be available during outside exposure
  - Students should be allowed to obtain a drink of water if needed
- **Middle School Physical Education Classes:**
  - Activity will not exceed 45 minutes outside exposure
  - Water fountains need to be available during outside exposure
  - Students should be allowed to obtain a drink of water if needed
- **Intermediate School Physical Education Classes:**
  - Activity will not exceed 35 minutes outside exposure
  - Water fountains need to be available during outside exposure
  - Students should be allowed to obtain a drink of water if needed
- **Elementary School Physical Education Classes:**
  - Activity will not exceed a 25 minutes exposure
  - Water fountains need to be available during outside exposure
  - Students should be allowed to obtain a drink of water if needed

**Temperature 90°F or lower and/or heat index of 90°F or lower**

- **High School Physical Education Classes:**
  - Outside activities are not limited
  - Water fountains need to be available during outside exposure
  - Students should be allowed to obtain a drink of water if needed
- **Middle School Physical Education Classes:**
  - Outside activities are not limited
  - Water fountains need to be available during outside exposure
  - Students should be allowed to obtain a drink of water if needed
- **Intermediate School Physical Education Classes:**
  - Activity will not exceed 45 minutes outside exposure
  - Water fountains need to be available during outside exposure
  - Students should be allowed to obtain a drink of water if needed
- **Elementary School Physical Education Classes:**
  - Activity will not exceed a 30 minutes exposure
  - Water fountains need to be available during outside exposure
  - Students should be allowed to obtain a drink of water if needed

## **Keller ISD Band and Drill Team**

### **Notification of temperature**

- High School band director/drill team director will obtain weather report from either [www.weather.com](http://www.weather.com) or [www.wunderground.com](http://www.wunderground.com) by 9:00am each morning for morning workouts.
- A second report will be taken at 1:00pm for the afternoon workout.
- The band director/drill team director will be responsible for informing the assistance of the temperature each day.
- The temperature of the day will dictate which protocol will be followed.
- Daily temperature reports will be on file in the Band Directors/Drill Team Office.

### **Temperature of 100°F-104°F and/or a heat index of 100°F-110°F**

- Practice will not exceed 2 hours.
- Band /drill team members will have water breaks every 20 minutes.
- Breaks must be 5 minutes in length.
- Open water policy at all times.

### **Temperature of 105°F-106°F and/or a heat index of 111°F-115°F**

- Practice will not exceed 1.5 hours.
- Band/drill team members will have water breaks every 20 minutes.
- Breaks must be 5 minutes in length.
- Open water policy at all times.

### **Temperature of 107°F or higher and/or heat index of 116°F or higher**

- No outside practice.