



Athletics Department
College Station Independent School District
1812 Welsh Ave
College Station, Texas 77840
979-764-5400

College Station ISD Athletics Heat Guidelines

Purpose:

The College Station ISD Athletic Training and Sports Medicine Department has developed and implemented the following Exertional Heat Illness management guidelines for the student-athletes in College Station ISD in accordance with Texas Legislative House Bill 3703. These comprehensive guidelines are consistent with current standards of care and appropriate medical practices according to the National Athletic Trainers Association.

Heat illness is inherent to physical activity and its incidence increases with rising ambient temperature and relative humidity. Athletes who begin training in the late summer experience exertional heat related illness more often than athletes who begin training during the winter and spring. The primary goal of athlete safety is addressed through the prevention and recognition of heat related illnesses and a well developed plan to evaluate and treat affected athletes. Even with a heat illness prevention plan that includes medical screening, acclimatization, conditioning, environmental monitoring and practice adjustments, heat illness can and does occur. Athletic trainers and coaches must be prepared to respond in an expedient manner to alleviate symptoms and minimize morbidity and mortality.

College Station ISD has made access to real-time conditions available through Perry Weather Tracking System to all of our coaches and athletic trainers on their phone and/or computer. This system provides real-time data for lightning, temperature, wind, and severe weather alerts. It is the responsibility of all coaches in conjunction with the athletic training staff to assess and monitor concerns **prior** to their respective practice/contests and implement the appropriate policy procedures.

ADMINISTRATIVE REGULATION

Outdoor Game/Contests

Games postponed due to elevated temperatures will be determined on a case by case basis by the College Station ISD Athletic Director in collaboration with the building principal.



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Outdoor Practices, Conditioning and/or Off-Season Workouts

Consideration for rescheduling/cancellation of practices or off-season workouts should take place under these conditional guidelines. Wet-Bulb Globe Temperature readings can be accessed through the Perry Weather application on mobile devices.

CSISD Wet-Bulb Globe Temperature Guidelines	
WBGT ^a	Activity Guidelines and Rest-Break Guidelines
Under 82.0	Normal activities - Hydration opportunities will be readily available
82.0-86.9	Use discretion for intense or prolonged workouts; watch at-risk players carefully. Consider providing several rest breaks throughout the duration of practice.
87-89.9	Maximum practice time is 2 hours (rest breaks not included in practice time). For football: players are restricted to helmet, shoulder pads, and shorts during practice or the number of rest breaks must be increased when wearing full gear. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing into shorts, but increase the number of rest breaks. For all sports: provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.0-92.0	Maximum practice time is 1 hour of work time For football: no protective equipment may be worn during practice, and there may be no conditioning activities. For all sports: there must be 20 min of rest breaks distributed throughout the hour of practice.
Over 92.1	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

a - Bryan/College Station is region 3 based off of [Regional Heat Safety Threshold for Athletics in Contiguous United States](#) and Korey Stringer Institute

Guidelines for Hydration and Rest Breaks

Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved

For football: helmets should be removed during rest time

The site of the rest time should be a “cooling zone” and not in direct sunlight

When the WBGT reading is over 86F:

- Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process
- Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness



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College Station ISD Athletics Heat Illness Recognition and Response

Recognition:

	Signs and Symptoms	Treatment
Heat Cramps	Uncontrollable, palpable muscle spasms that occur during or after intense exercise.	Stop exercise and rest in a shaded cool environment Stretch and massage the affected muscle Replace sweat loss with electrolyte fluids May only return when cramping has resolved and fluids and electrolytes have been adequately replaced
Heat Exhaustion	<p>Signs Heavy sweating, Pale appearance, Weak and rapid pulse, Decreased blood pressure, Decreased urine output, Goose bumps when heat, Elevated core body temperature (up to 104F)</p> <p>Symptoms Headache, Dizziness, Faintness, Fatigue and weakness, Nausea/vomiting, Chills, Persistent muscle cramps or Muscle weakness</p>	Move athlete to shaded and cool environment Lay the athlete on their back and elevate legs to increase blood flow to the heart. Rehydrate with oral fluids. Cool athlete in an ice tub or with ice towels and fans.
Heat Stroke	<p>Signs: Sweating stops or heavy sweating that tops as core temperature rises, Irrational behavior, Mood changes, Altered consciousness, Confusion (mental status changes), Dehydration, dry mouth, Elevated core body temperature (>104F), Central nervous system dysfunction</p> <p>Symptoms: Headache, Dizziness with associated collapse, Fatigue with weakness, Inability to walk, Nausea/Vomiting, Incoherent speech</p>	Immediate cooling is CRITICAL ; whole body ice immersion is the preferred method. This should occur as soon as there are ANY signs/symptoms of heat stroke. Activate EMS; (call 911) AFTER initiating cooling If heat stroke is suspected, cool the body first THEN transport to the hospital; if immediate cooling is performed there is a significant decrease in adverse outcomes including death Monitor vital signs Monitor core temperature for effectiveness of cooling; only rectal temperatures via a rectal thermometer are accurate.



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Risk Factors

- Poor physical fitness
- High intensity exercise
- Dehydration
- Lack of acclimatization
- Overweight or obese
- Barriers to evaporation (such as heavy gear or equipment)
- Excessive dark colored clothing/equipment
- Recent previous history of illness (vomiting, diarrhea, fever, etc)
- Medication Use (antihistamines, diuretics, ADHD drugs, etc)
- Chronic conditions such as Sickle Cell Trait and Diabetes
- Previous history of heat illness
- Previous day WBGT, or aforementioned risk factors

Prevention

- Follow UIL acclimatization policies and procedures
- Adhere to CSISD WBGT Temperature Guidelines (above)
- Ensure Cold Water Immersion Tub is available for all practices and games when WBGT is >82F
- Provide unlimited access to water
- Encourage frequent water/rest breaks as well as adequate hydration before and after practice
- Encourage wearing light/breathable clothing, practice without equipment when possible
- Provide access to shaded areas, ice towels, cooling fans, or other alternative cooling sources.
- Educate coaches and athletes on risks, signs and symptoms of heat illness and importance of proper hydration, nutrition and rest

What to Do:

- Recognize signs and symptoms of potential heat illness and refer to the chart above for appropriate treatment.
- **When in doubt - dunk 'em.**
Cold-water immersion up to the neck is the most effective cooling modality for patients with Exertional Heat Stroke (EHS). The water should be approximately 35-50°F and stirred continuously to maximize cooling. The patient should be removed for transport when core body temperature reaches 102°F.



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