

GRANBURY ISD ATHLETIC DEPARTMENT COLD WEATHER PROCEDURE

The extreme heat and cold in our region is a concern to the health and safety of our student athletes. Heat and cold injuries cannot always be prevented, but with the education of coaches and controlled practice procedures, heat and cold related illnesses can be minimized.

The following temperature guidelines have been established in order to provide a safe and healthy environment for student athletes participating in outdoor activities in the Granbury ISD. The listed wind chill factors are the designated figures for terminating outdoor activities for both High School and Middle School practices, scrimmages, and games. Exposure duration should be modified as the temperatures approach the listed recommendations.

The Granbury ISD Sports Medicine Department will notify respective staff members and administrators of current and projected weather conditions when necessary. It is the responsibility of each coach to ensure these guidelines are being followed.

PRACTICES & SCRIMMAGES

High School Athletics:

- Wind Chill of 32° with any precipitation
- Wind Chill of 25° with no precipitation

Middle School Athletics:

- Wind Chill of 38° with any precipitation
- Wind Chill of 30° with no precipitation

GAMES & CONTESTS

Non-district:

- Home events will follow the GISD Cold Weather Procedure.
- Away events will follow the host ISD cold weather procedure.
- If no procedure exists we will revert to the GISD guidelines.

District:

- Consult the district 3-5A and 5-5A rules

TRAVEL

School Cancellation - full day

- No travel beyond Granbury ISD

School Cancellation - early dismissal (because of deteriorating weather conditions)

- No travel beyond Granbury ISD

RECOMMENDED WEATHER WEBSITES for Granbury, TX 76048/76049

www.pocketperry.com

www.weatherbug.com

www.wunderground.com

Cold Weather Awareness

Cold Exposure:

- Breathing of cold air can trigger asthma attacks
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

Cold Recognition:

- Shivering, a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

Precipitation - A deposit on the earth of hail, mist, rain, sleet, or snow.