

GRANBURY ISD ATHLETIC DEPARTMENT HOT 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 temperatures and heat index 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:

Temperature of 105° and above
Heat Index of 110° and above

Middle School Athletics:

Temperature of 100° or higher
Heat Index of 105° or higher

GAMES & CONTESTS

Non-district:

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

District:

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

RECOMMENDED WEATHER WEBSITES for Granbury, TX 76048/76049

www.pocketperry.com

www.weatherbug.com

www.wunderground.com

Hot Weather Awareness

Key Terms and Definitions:

Heat Cramps are muscular pain and spasm due to heavy exertion and dehydration. Heat cramps usually involve the abdominal muscles or legs, and it is generally thought that dehydration is the cause. Heat Exhaustion typically occurs when people exercise heavily or work in a warm, humid environment where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock.

Heat Stroke is life threatening. The victim's temperature-control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Any heat stroke victim must be quickly cooled and referred for advanced medical attention.

Dehydration is when fluid loss exceeds fluid intake.

Fluid Guidelines:

Before Exercise – 2 to 3 hours before drink 17 – 20 oz. of water or a sport drink; then again 10 to 20 minutes before drink another 7 – 10 oz. of water or a sport drink.

During Exercise – drink every 10 to 20 minutes of at least 7 – 10 oz. of water or a sport drink. Always remember that in order to maintain hydration, drink beyond your thirst.

After Exercise – within 2 hours, drink enough water or sport drink to replace any weight loss from exercise. Drink approximately 20 – 24 oz. of water or a sport drink per pound of weight loss.