

Katy ISD ATHLETIC DEPARTMENT
Heat and Hydration Guidelines

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, 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. Katy ISD will use the Meteorlogix weather reporting station at the high school level.
5. Junior High Coordinators will get a heat index reading from an approved source 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, 10 minute break every 45 minutes.
- 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
- Conditioning for football should take place without helmets/shoulder pads.
- 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, 10 minute break every 45 minutes
- Jr. High workouts limited to 1 1/2 hours, 10 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 /running cancelled
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or repercussions

Heat Index of 111-115

- Junior High workouts should be moved indoors
- Shorts and T-shirts, helmets for high school workouts
- Practice shortened to 1 1/2 hours for high school
- Unrestricted access to water at all times
- 15 minute break every hour
- Conditioning should take place indoors
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or

Heat index of greater than 115

- No outdoor workout

