

## Hot Weather Guidelines

In accordance with University Interscholastic League (UIL) and local ISD's, PSA adheres to the following hot weather guidelines. Please remember that every parent/player can make their own choice whether or not to attend games/practices based on their level of comfortability in regards to the weather.

PSA recommends the following to be adhered to by coaches and parents:

1. Gradual acclimatization for the players to hot/humid conditions.
2. Players will be given unlimited access to drinking water throughout games/practices provided by parents.
3. Watch for the following signs of heat problems;
  - Profuse sweating, or no sweating at all (if there is no sweat this could be the beginning of a heat stroke. Get medical help immediately).
  - Dizziness or "spots" before student's eyes.
  - Slurring of speech (could be heat stroke).
4. If you have a player that exhibits any of the above behaviors, do the following:
  - Remove player from games/practices and take to a cool or shaded area (a Coach should remain with the player)
  - Remove any excess clothing but do not expose the player in any way
  - Give them plenty of water to drink
  - Use cool towels; do not pour water over the player

### Specific Guidelines – Games/Practices

#### **Heat index of less than 100:**

- Mandatory water breaks every 20 minutes
- Unlimited access to drinking water at all times – parent provided

#### **Heat index of 100-105:**

- Mandatory water breaks every 20 minutes
- Unlimited access to drinking water at all times – parent provided

#### **Heat index of 106-110:**

- Mandatory water breaks every 20 minutes
- Unlimited access to drinking water at all times – parent provided
- Outside games/practices not to exceed 2 hours

#### **Heat index of 111-117:**

- Mandatory water breaks every 20 minutes
- Unlimited access to drinking water at all times – parent provided
- Outside games/practices not to exceed 1 hour 30 minutes
- Helmets and shoulder pads suggested

**Heat index of 118 and above: No outside games/practices allowed**