

UCFSD Athletic Department: Hot Weather Practice Guidelines & Information

UCFSD follows the Wet Bulb Global Temperature (WBGT) readings recommended by the NATA¹.

WBGT Reading	Practice Activity and Break Guidelines	Heat Index*
Under 82.0	<u>Normal activities.</u> Athletes should receive a 3 minute rest and fluid break after every 30 minutes of activity.	Below 85°
82.0.- 86.9	<u>Normal Activities.</u> Use discretion for intense or prolonged exercise; watch at-risk players carefully. Athletes should receive a 5 minute rest and fluid break after every 30 minutes of activity.	85°-90°
87.0-89.9	<u>Modified Activities.</u> No more than 2 continuous hours of activity outside at a time. Athletes should receive a 5-10 minute rest and fluid break after every 20 minutes of activity. For Equipment Intensive Sports: Athletes should be in shorts and T-shirts (with helmets and shoulder pads only). All equipment should be removed for conditioning activities.	90°-105°
90.0-92.0	<u>Modified Activities.</u> No more than 1 continuous hour of activity outside at a time. Athletes should receive a 10 minute rest and fluid break after every 20 minutes of activity. Athletes should be in shorts and T-shirts with all protective equipment removed for activity. Use extreme caution during conditioning activities.	105°-130°
92.1 or above	No Outside Activity	Above 130°

**Heat Index should be used only if WBGT guidelines are not available.*

Guidelines for Rest Breaks

1. Breaks should involve both unlimited hydration intake and rest without any activity involved.
2. For equipment intensive sports, athletes should be allowed to remove helmets during breaks.
3. Breaks should occur in the shade if possible.

Notes:

- WBGT readings and guidelines may differ depending on practice location (i.e. grass field vs. turf vs. blacktop).
- Additional breaks should be allowed if requested by participants.
- In non-equipment intensive sports, closely monitor athletes with protective equipment and allow extra breaks as needed (i.e. goalies, catchers, etc.).
- Athletes complaining of dehydration or heat illness signs/symptoms should be moved to shaded area and excess clothing removed. Athletic trainers should be notified immediately.

References:

1. Casa et al. National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses. *Journal of Athletic Training*. 2015;50(9):986-1000.

UCFSD Athletic Department: Cold Weather Practice Guidelines & Information

UCFSD follows the Wind Chill temperatures recommended by the NATA³ with adjustments made for age and geographical region.

<u>Wind Chill</u>	<u>Unionville High School</u>	<u>Patton Middle School</u>
Above 45°	No Restrictions	No Restrictions
30°-45°	No Restrictions	<u>Time Restrictions:</u> None <u>Clothing Restrictions:</u> Athletes must wear long pants and long sleeve shirts for outside practices
25°-30° (w/ mild or no precipitation)	<u>Time Restrictions:</u> None <u>Clothing Restrictions:</u> Athletes must wear long pants and long sleeve shirts for outside practices	<u>Time Restrictions:</u> Athletes must take a 15 minute break inside for rewarming every 30 minutes. <u>Clothing Restrictions:</u> Athletes must wear clothing that covers all exposed skin (long pants, long sleeve shirts, hats, and gloves).
25°-30° (w/ significant precipitation)	<u>Time Restrictions:</u> Athletes must take a 15 minute break inside for rewarming every 30 minutes. <u>Clothing Restrictions:</u> Athletes must wear clothing that covers all exposed skin (long pants, long sleeve shirts, hats, and gloves).	No Outside Activity
15°-25°	<u>Time Restrictions:</u> Athletes must take a 15 minute break inside for rewarming every 30 minutes. <u>Clothing Restrictions:</u> Athletes must wear clothing that covers all exposed skin (long pants, long sleeve shirts, hats, and gloves).	No Outside Activity
Below 15°	No Outside Activity	No Outside Activity

Notes:

- Athletes should be encouraged to be prepared for any weather forecast and keep warm layers available in their lockers.
- Athletes should be reminded on the importance of keeping properly hydrated even when cold.
- Athletes should be encouraged to keep clothing (especially footwear) dry at all times.

References:

1. Cappaert et al. National Athletic Trainers' Association Position Statement: Environmental Cold Injuries. *Journal of Athletic Training*. 2008;43(6):640-658.