

# LEWISVILLE ISD UIL ATHLETIC HEAT POLICY

WBGT Reading	Practice Guidelines & Rest Break Guidelines
Under 82.0	Normal activities - provide at least 3 separate rest breaks each hour with a minimum of 3 minutes each during the workout.
82.2 - 86.9	Use precaution with intense and prolonged exercise; provide at least 3 separate rest breaks each hour with a minimum duration of 4 minutes each.
87.1 - 90.0	Maximum practice time is 2 hours. <b>FOOTBALL:</b> players are restricted to helmet, should pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to workout wearing football pants without changing to shorts. <b>FOR ALL SPORTS:</b> Provide at least 4 separate rest breaks each out with a minimum duration of 4 minutes each.
90.1 - 91.9	Maximum practice is 1 hour. <b>FOOTBALL:</b> No protective equipment may be worn during practice, and there may be no conditioning activities. <b>FOR ALL SPORTS:</b> There must be 20 minutes of rest breaks distributed throughout the hour of practice. *Consider delaying start times for <u>competitions</u> if WBGT is in the red zone.
Over 92.0	<b>NO outdoor workouts. Delay practice until a cooler WBGT is reached.</b>