

FRIENDSWOOD ISD HEAT POLICY

When players are practicing or competing, coaches should follow the following steps to help heat-related illnesses:

- Allow 10-14 days for adjusting to warmer climate/temperatures
- Reduce intensity and/or length of training with high temperature and/or humidity
- Schedule practice during cooler times of day
- Schedule and enforce frequent drink breaks and rest periods
- Remove pads and practice in T-shirts and shorts

The following are the recommendations of the Friendswood Athletic Training Department for outdoor activities:

- Local temperature and weather can be obtained by: weather.weatherbug.com
 - We highly recommend that you download the weatherbug app/Perry Weather to your phone.
- Heat Index of Less than 100 F
 - No restrictions
- Heat Index of 100-105 F
 - High School: Practice limit 2 hours, 5-minute break every 30 minutes, water breaks every 15 minutes
 - Junior School - Practice limit 1.5 hours, 5-minute break every 30 minutes, water breaks every 15 minutes
- Heat Index 105-110 F
 - High School: Practice limit 1.5 hours, alternate between turf and grass fields (20 minutes on/20 minutes off), 5-minute break every 20 minutes, water breaks every 10 minutes.
 - Junior School- Practice limit 1.5 hours, no pads, 5-minute break every 20 minutes, water breaks every 10 minutes.
- Heat Index 110-115 F
 - High School: Practice limit 1.5 hours, no pads, no turf, 5-minute break every 20 minutes, water breaks every 10 minutes.
 - Junior School: No practice outside, inside only
- Heat Index 115 F
 - No practice outside, inside only.

Modifications of Athletic Activities:

The decision to modify and/or terminate a Friendswood ISD athletic activity in the event of excessive heat and/or poor air quality should be made by a member of FISD Athletic Training Department in consultation with the Team Physician and the head coach or his/her designee..