



Hot Weather Protocols

2026–27 School Year

General Guidelines

- Gradually acclimate athletes to hot/humid conditions as per UIL guidelines.
- Give unlimited access to drinking water throughout practices.
- Coaches and Athletic Trainers shall participate in yearly training on monitoring, identifying and responding to signs of heat illness in student athletes.

DSISD uses the following tools to identify heat stress conditions on the field of play and determine practice/competition modifications due to hot weather conditions:

- Perry Weather, a real-time weather monitoring software, is used prior to all outdoor activity and communicates any necessary modifications to DSISD Athletic Administration and coaches.
- Wet Bulb Globe Temperature (WBGT) is a measurement tool that estimates the effect of temperature, relative humidity, wind speed, and solar radiation using a combination of temperatures from three thermometers.

UIL Heat Plan Updates

Beginning with the 2026–2027 school year, the use of Wet Bulb Globe Temperature (WBGT) to monitor environmental conditions and guide activity modifications is a required standard for all UIL outdoor athletic and marching band activities.

Rapid Cooling Zone Requirement

- All schools are required to have equipment that allows for full-body immersion in ice water if an individual is experiencing heat illness and distress. The mandatory rapid cooling zone threshold has been adjusted for the 2026–27 school year to align with the transition from the green to yellow zones on the WBGT chart.

WBGT Timing

- WBGT readings must be taken within 15 minutes prior to the start of practice to ensure accuracy.

Consistent Monitoring

- When possible, the same individual should take all WBGT readings during the practice window for consistency.

DSISD PE/Recess Guidelines

Temp 100° and/or Heat Index 110°	• 45 minutes total heat exposure with at least 1 water break.
Temp 105° and/or Heat Index 115°	• 30 minutes total heat exposure with at least 1 water break.
Temp 107° and/or Heat Index 117°	• 15 minutes total heat exposure with at least 1 water break.

WBGT Activity Guidelines

**Values listed below are WBGT measurements (not temperature or heat index)*

< 82.0

Normal Activities – Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

82.0 – 86.9

Use discretion for intense or prolonged exercise; Provide at least 3 separate rest breaks each hour with a minimum duration of 4 minutes each.
MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)

87.0 – 90.0

Maximum practice time is 2 hours
FOOTBALL: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. **ALL SPORTS:** Provide at least 4 separate rest breaks each hour with a minimum duration of 4 minutes each.
MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)

90.1 – 92.0

Maximum practice time is 1 hour.
FOOTBALL: No protective equipment may be worn during practice, and there may be no conditioning activities.
ALL SPORTS: There must be 20 minutes of rest breaks distributed throughout the hour of practice.
MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)

≥ 92.1

No outdoor workouts. Delay practices until a cooler WBGT is reached.