



Leander ISD Athletic Department Temperature Guidelines



The extreme heat and cold in our region is a concern to the health and safety of our students and staff members. Heat and cold injuries cannot always be prevented, but with cooperation between the Athletic Trainers and coaching staff heat and cold related illnesses can be minimized. The following temperature guidelines have been established in order to provide a safe and healthy environment for students participating in outdoor activities in Leander I.S.D. The listed temperatures, heat indexes, and wind-chill factors are designated figures for terminating and/or modifying outdoor activities including: High School and Middle School athletic practices and games. Exposure duration and frequency of breaks should be modified as the temperatures approach the listed recommendations. It is the responsibility of each Athletic Trainer and coach to ensure these guidelines are being followed.

Hot Weather Guidelines				
Weather	In-season		Off-season	Game recommendations
Temperature 100°F and or heat Index 110°F	2 hour practice with 5min water break every 30 min.	Football, remove helmets when possible.	45 minutes of exposure with one water break	Follow Guidelines or delay start of game
Temperature 105°F and or heat Index 115°F	1.5 hour practice with a 5min water break every 20min.	Football, remove helmets when possible. XC runners must be in site of coach at all times. No Middles school practices or games	30 minutes of exposure with one water break	Follow Guidelines or delay start of game
Temperature 107°F and or heat Index 117°F	1.5 hour practice with a 1min water break every 10min and a 5min water break in the middle of practice	Football, remove helmets when possible. XC runners must be in site of coach at all times. No Middles school practices or games	30 minutes of exposure with one water break	Follow Guidelines or delay start of game
Temperature 110°F and or heat Index 120°F	No outside games or practices			

Cold Weather Guidelines	
Weather	Practices and Games
Wind Chill factor under 25° with precipitation	Total of 70 min of exposure with a 20 min indoor break inside at the 35 min mark
Wind Chill factor under 22° without precipitation	total of 90min of exposure with a 15min indoor break at the 45min mark
Wind Chill factor under 22° with precipitation	All practices indoors
Wind Chill factor under 20° without precipitation	Total of 60min of exposure with a 15 min indoor break at the 30min mark
Wind Chill factor under 15° with precipitation	All practices indoors

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