

Weather Policy

[LISD weather policy](#) will be followed

Heat & Cold

- FMYFA will follow Lewisville Independent School District Cold and Heat policies.
 - Cold Policy - No outside exposure if:
 - Wind chill factor is less than 32 degrees
 - Wind chill factor is less than 40 degrees with precipitation
 - Heat Policy - FMYFA will use the WetBulb Globe Temperature (WBGT) which is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas.
 - To determine the WBGT in our area, FMYFA will use [Perry Weather LINK](#) and the chart below to determine practice & rest break guidelines.

UIL & Lewisville ISD WBGT Recommendations	
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. FOOTBALL: 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. FOR ALL SPORTS: 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. FOOTBALL: No protective equipment may be worn during practice, and there may be no conditioning activities. FOR ALL SPORTS: 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	NO outdoor workouts. Delay practice until a cooler WBGT is reached.

**The chart above provides recommended precautions for practices. AT's will re-evaluate every 30 minutes.*

**WBGT modifications should be fluid, meaning that if the conditions get more restrictive during the day or particular practice, modifications should be made.*