



# ACADEMY INDEPENDENT SCHOOL DISTRICT

254-982-4304

704 E. Main Street, Little River Academy, Texas 76554

www.academyisd.net

## Weather Procedures

The following weather procedures have been adopted to meet the current standards expected within our region of the United States. Academy ISD is within Class 3 based on our region and uses Wet Bulb Globe Temperature (WBGT) for heat-related practice modifications, and a combination of precipitation and wind chill for cold-related practice modifications.

## Weather Monitoring System

Academy ISD uses Perry Weather to monitor all weather conditions as it pertains to athletics. All coaches/athletes/spectators are to adhere to Perry Weather's lightning detection system notifications and Lighting Status timers. Lightning notifications systems are installed and in use at outdoor athletic events for alters to seek shelter in the event of a storm in the area. Coaches and athletic trainers are to monitor WBGT and compare it to the Academy ISD hot weather guidelines as outlined below.

WBGT Activity Guidelines		
Class 3	Class 2	Activity Guidelines
< 82.0	<79.7	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0 - 86.9	79.7 - 84.6	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.0 - 90.0	84.7 - 87.6	Maximum practice time is 2 hours; <b>For Football:</b> 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. <b>For All Sports:</b> Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 92.0	87.7 - 89.7	Maximum practice time is 1 hour; <b>For 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 min of rest breaks distributed throughout the hour of practice.
≥92.1	≥89.8	No outdoor workouts. Delay practices until a cooler WBGT is reached.

*\*Values in the above chart are WBGT measurements (not temperature or heat index measurements).*