FRIENDSWOOD HIGH SCHOOL
SPORTSMEDICINE DEPARTMENT

WEATHER POLICIES

PRACTICE IN HOT WEATHER

The following are the recommendations of the Sports Medicine Department for outdoor activities:

Local temperature can be obtained by: **calling 409-740-7272**
logging on to intellicast.com

Temperatures are based on degrees Fahrenheit

EXTRA-CURRICULAR ACTIVITIES – football, soccer, softball, baseball, track, band, dance, cheerleading, and any other inseason/offseason workouts conducted outside at the high school and junior high school levels

100 – 104 degrees F - limit student to 30 minutes of outside activity
105 degrees F – stop all outside activities

CROSS COUNTRY/TENNIS – greater restriction due to playing/practice surface

95 – 101 degrees F – limit students to 30 minutes of outside activity
102 degrees F – stop all outside activities

ALL FISD STUDENTS (PreK – 12) P.E./RECESS

90 – 94 degrees F – limit students to 30 minutes of outside activity
95 degrees F – stop all outside activities

When the temperature reaches 90 degrees F all coaches/sponsors/teachers planning to participate outside watch for students experiencing heat related problems.

DISORDER	CAUSE	SIGNS	TREATMENT
HEAT CRAMPS	Excessive fluid loss Electrolyte imbalance Poor acclimatization	Profuse sweating Cramps in abdomen and/or extremities	Rest in cool environment Ingest of water Passive stretching Discontinue activity until controlled
HEAT EXHAUSTION	Profuse sweating without adequate fluid replacement, vomiting or diarrhea	Weakness, faint, dizzy, headache, nausea, pallor, profuse sweat. Skin is gray and ashen cold and clammy.	Rest in cool environment Ingest fluids Sponge with cool water Discontinue activity
HEAT STROKE	Depletion of water stores Failure for body to cool Medical emergency	Possibly unconscious, hysteria, progress to apathy, disoriented, Hot and dry skin, rapid pulse, drop in BP	Call 9-1-1 Cool by any means possible! No fluids if unconscious

WHEN IN DOUBT, IF CONDITION WORSENS WITH COOLING AND REST IN SHADE/COOL AREA, OR FOR ANY LEVEL OF UNCONSCIOUSNESS

CALL 9-1-1