



FORT BEND I.S.D. – ATHLETIC DEPARTMENT
16403 Lexington Blvd. Sugar Land, Texas 77479
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Fort Bend I.S.D –Cold Weather Policy

Key Terms and Definitions

Cold Weather is defined as any temperature that can negatively affect the body’s regulatory system. Temperatures do not have to be freezing to be harmful. Individuals participating in sports activities in cold, wet, or windy conditions are at risk for environmental cold injuries.

Cold Exposure:

- Breathing of cold air can trigger an asthma attack
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

Cold Recognition:

- Shivering is a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disorientation

Clothing Recommendations for cold weather:

- Wear several layers around the core of the body (especially those who are not very active)
- The first layer should wick the moisture away from the body (dry technology clothes; avoid cotton)
- The top layers should trap the heat and block the wind
- The outer layer should be wind and water-resistant
- Hat, helmet, or hood to protect the ears and head
- Moisture wicking socks
- Athletes should provide their own face protection and gloves if skin is sensitive in cold temperatures

Section I—Notifications

Notification of temperature: High School

- Campus Staff Athletic Trainer will need to obtain weather report from National Weather service (www.weather.gov) or the District’s provided weather service app, Perry Weather, each morning and discuss it with the appropriate campus personnel to determine workout conditions for morning practices.
- Weather reports should also be obtained by the campus staff athletic trainer and discussed with the appropriate campus personnel for workout conditions for the afternoon practices.
- The temperature of the day will dictate which phase will be followed.

Notification of temperature: Middle School

- The Athletic Trainer of the campus vertically aligned to the specific middle school will collaborate with the Middle School Coordinators to notify them of any extreme weather conditions that would initiate any



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phases of the cold policy. Weather reports will be obtained from the National Weather service (www.weather.gov) or the District's provided weather service app, Perry Weather.

- The Middle School Coordinators are responsible for notifying the middle school coaching staff of any extreme weather conditions that would initiate any phases of the cold policy so they can adjust their practices to comply with the policy.

Enforcement of Policies:

- Head Coach/Campus staff athletic trainer will monitor time of exposure.
- Campus staff athletic trainers will report any violations to the Athletic Director in writing.

Section II—Phases of Cold Policy

The following guidelines have been adopted by the Fort Bend ISD Athletic Department for practices and games:

Phase 1: Cold Weather Caution:

When temperature or wind chill (which is lower than actual temperature) is from 40°-30°F.

- No modification of practice, but a warning will be given to coaches and athletes.
- Coaches and Athletic Trainers will ensure they are following the UIL Cold Weather Illness Recommendations.
- Watch athletes that have been identified as “high risk”. Factors that influence an athlete to cold weather illness include: wet skin, dehydration, anemia, diabetes, hypotensive individuals, and those with sickle cell disease.

Phase 2: Cold Weather Warning:

When temperature or wind chill is from 29°-24°F, there will be modified outside participation of 45 minutes or cancellation of outside practices and games.

- Instruct athletes on how to properly dress for cold weather; wearing warm-ups, hoods/knit caps, and gloves if athlete has them.
- Warm-up should start indoors (stretching, etc.) in order to not reduce the 45 minutes of outside time.
- Practices should include keeping the athletes continuously moving. Coaches should avoid having athletes participate in activities that would produce a big sweat in the first 20 minutes and then staying idle in the cold temperatures afterwards for the rest of the practice.
- Keep a very close watch on athletes that have been identified a “high risk”.
- Cool-down indoors if possible.

Phase 3: Cold Weather Termination:

When temperature or wind chill is from 23° or below, there will be a termination of outside practices and games.



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Section III—Modification & Cancellation of Games

The FBISD Athletic Department reserves the right to modify or cancel games or practices due to extreme weather conditions.

Modification of Games:

When necessary, competition modifications will be considered to ensure the safety of all athletes. This may include any of the following:

- Extended half time periods
- Abbreviated or no introductions at start of game
- Access to warm building
- Mandating proper clothing or warm clothing for all participants

Cancellation of Games:

- Transportation is unsafe for travel
- Field conditions are unsafe for competition\
- The Athletic Department considers that the environmental conditions, air temperature/wind-chill, or precipitation may make it unsafe to play or practice