



Brackett ISD Heat Policy

WBGT <82

Normal Activities

WBGT 82.1-87

Use discretion for intense prolonged exercise

Practices will have a minimum of 3 water breaks per hour. Each break must last at least 5 minutes. Practices will have an open water policy.

Football- Remove helmets and protective equipment for any type of conditioning activity.

Games- You may choose to follow the guidelines above for breaks if your game starts within these parameters. Otherwise, you may choose to delay the start of the game

WBGT 87.1-90

Maximum practice time of 2 hours

Practices will have a minimum of 4 water breaks per hour. Each break must last at least 5 minutes. Practices will have an open water policy.

Football- Players are restricted to helmets, shoulder pads and shorts during practice. If WBGT rises above the threshold during practice players may continue in pants.

Games- You may choose to follow the guidelines above for break if your game starts within these parameters. Otherwise, you may choose to delay the start of the game

WBGT 90.1-92

Maximum practice of 1 hour and 30 minutes

Practices must have a minimum of 30 minutes of breaks distributed throughout the practice time. Open water policy during the entire practice.

Football- Players are restricted to helmets, shoulder pads and shorts during practice. If WBGT rises above the threshold during practice players may continue in pants.

Games- You may choose to follow the guidelines above for break if your game starts within these parameters. Otherwise, you may choose to delay the start of the game

WBGT 92.1-93

Maximum practice time is 1 hour

Practices must have a minimum of 20 minutes of breaks distributed throughout the practice time. Open water policy during the entire practice.

Football- No protective equipment may be worn during practice. There will be no conditioning activities allowed.

Games- You may choose to follow the guidelines above for breaks if your game starts within these parameters. Otherwise, you may choose to delay the start of the game

No outdoor practices allowed.