



HEAT SAFETY

2026-2027 UIL ATHLETIC PARTICIPATION GUIDELINES

A QUICK REFERENCE FOR TEXAS COACHES,
ATHLETIC TRAINERS & SCHOOL ADMINISTRATORS

Save Lives.



WHAT'S NEW FOR 2026-27



WBGT MONITORING IS REQUIRED

15 min. prior to activity for all UIL practices and contests.



ONGOING ENVIRONMENTAL MONITORING

Every 30 min. throughout activity.



EMERGENCY ACTION PLAN REVIEWED and practiced at least annually.

Must include clearly defined rapid cooling procedures.



RAPID COOLING CAPABILITY IMMEDIATELY AVAILABLE.

(cold water immersion or approved TACO)



COLD WATER IMMERSION

remains the standard of care for exertional heat stroke.

PREVENT. RECOGNIZE. RESPOND.



Cooling zones are required for any outdoor UIL activity when the WBGT reaches 79.7°F in Class 2 zones or 82.0°F in Class 3 zones.

WBGT DETERMINES ACTIVITY MODIFICATIONS

GREEN – LOW RISK WBGT

CLASS 2 ZONES	CLASS 3 ZONES
< 79.7°F	< 82.0°F



- Normal Activities
- Scheduled hydration breaks

YELLOW – MODERATE RISK WBGT

CLASS 2 ZONES	CLASS 3 ZONES
79.7°F – 84.6°F	82.0°F – 86.9°F



- 3 – 4 min. breaks each hour
- Monitor at-risk athletes
- Rapid cooling capability available

ORANGE – HIGH RISK WBGT

CLASS 2 ZONES	CLASS 3 ZONES
84.7°F – 87.6°F	87.0°F – 90.0°F



- Max. 2 hour practice
- Limit protective equipment (helmet, shoulder pads, shorts)
- 4 – 4 min. breaks each hour



If WBGT rises to this level, continue in pants.

RED – VERY HIGH RISK WBGT

CLASS 2 ZONES	CLASS 3 ZONES
87.7°F – 89.7°F	90.1°F – 92.0°F



- Max. 1 hour practice
- 20 min. of rest breaks
- No protective equipment

BLACK – EXTREME RISK WBGT

CLASS 2 ZONES	CLASS 3 ZONES
≥ 89.8°F	≥ 92.1°F



- Suspend all outdoor athletic activity

WBGT thresholds are established by the UIL and based on equipment, uniform, length of activity and acclimatization. - Air temperature alone is NOT sufficient. Always use a WBGT device.



COOL FIRST • TRANSPORT SECOND

EXERTIONAL HEAT STROKE IS A MEDICAL EMERGENCY. IMMEDIATE WHOLE-BODY COLD WATER IMMERSION CAN SAVE LIVES.

EVERYONE HAS A ROLE

COACHES



- Know daily WBGT
- Follow activity modifications
- Encourage hydration & rest
- Monitor athletes
- Report concerns immediately
- Maximize early morning practice opportunities whenever possible

ATHLETIC TRAINERS



- Measure & monitor WBGT
- Modify activity
- Treat heat illness
- Coordinate EMS
- Document environmental conditions

ADMINISTRATORS



- Provide WBGT device & training
- Maintain cooling equipment
- Support policy compliance
- Review Emergency Action Plans
- Ensure staff training

RECOGNIZE EXERTIONAL HEAT STROKE

STOP ACTIVITY IMMEDIATELY IF AN ATHLETE HAS:



CONFUSION OR ALTERED MENTAL STATUS



COLLAPSE OR FAINTING



SLORED SPEECH OR IRRATIONAL BEHAVIOR



CORE TEMP ≥ 104°F (IF AVAILABLE)



HOT, DRY SKIN OR EXCESSIVE SWEATING



NAUSEA OR VOMITING

WHEN IN DOUBT, TREAT AS HEAT STROKE. COOL FIRST. TRANSPORT SECOND.

HEAT EMERGENCY ALGORITHM



ATHLETE COLLAPSES OR EXHIBITS SYMPTOMS



SUSPECT HEAT STROKE



ASSESS & CHECK CORE TEMPERATURE (IF AVAILABLE)



INITIATE WHOLE-BODY COLD WATER IMMERSION IMMEDIATELY



ACTIVATE EMS (911) NOTIFY PARENTS/ADMIN



CONTINUE COOLING UNTIL BODY TEMP REACHES 102°F. THEN TRANSFER EMS CARE

Do not delay cooling to remove equipment or move the athlete unless absolutely necessary for safety.



OFFICIAL UIL HEAT PROTOCOL
Scan to view the complete UIL 2026-2027 Heat Stress & Athletic Participation Required Plan.



ATHLETIC TRAINERS SAVE LIVES
Early Recognition • Rapid Cooling • Evidence-Based Care
Texas Athletic Trainers: The Leaders in Heat Illness Prevention



WORK TOGETHER.



MONITOR THE ENVIRONMENT.



MODIFY ACTIVITY.



SAVE LIVES.



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