



UIL RMA Portal

Superintendents, Athletic Directors, Coaches and Athletic Trainers:

I want to start off by thanking all of you for a great 2023-24 school year. WE have collectively had an outstanding year that will culminate with our softball state championships this week and our baseball state championships next week. As you all prepare to head into your summers, our staff felt that it would be helpful to send you a few reminders regarding our newly recommended heat protocol and some additional reminders related to our summer activities.

Please remember that the **recommended** plan, which was recently sent to you all, is for the 2024-25 school year that begins with the first day of summer activities. The updated recommended protocols can be found on the UIL website [HERE](#). A helpful wet bulb globe temperature forecasting resource is also provided in the recommended plan. This resource allows you to select your location and apply the specific UIL heat plan guidelines for your area in the tool. Included in our recent heat recommendations is a **requirement** for all outdoor UIL activities held in wet bulb globe temperatures of 80 degrees or higher to have a rapid cooling zone. Rapid cooling zones are **required** in the setting defined whether the overall heat recommendations are followed or not. **Rapid cooling zones must include immediate availability of cold-water immersion tubs OR tarps that can be filled with ice and water and wrapped around an individual experiencing heat illness.** It is also a requirement that all emergency action plans for outdoor venues include specific instructions for onsite, rapid cooling procedures. More information on rapid cooling zones and rapid cooling options can be found on our website [HERE](#).

Also, it's not too early to begin planning for the outdoor activity practices scheduled to begin in late July and early August. Data related to the historic heat wave last year revealed that almost every region of the state had the ability to have full practices if held in the early morning to late morning hours or in the late afternoon. We suggest that all concerned work together to proactively prioritize the schedule of all to ensure for safe participation and acclimatization to the heat. While the heat is a challenge, we know that no challenge is too difficult for school districts that work creatively and cooperatively to attack a problem.

Finally, you can access specific information and reminders related to school sponsored camps and strength & conditioning and skills sessions below.

School Sponsored Summer Camps

- Information and FAQs regarding camps may be found on the UIL website:
<https://www.uil texas.org/files/athletics/school-sponsored-camps.pdf>

Strength & Conditioning/Skills Sessions

- Information and FAQs regarding strength and conditioning may be found on the UIL website:
<https://www.uil texas.org/athletics/summer-strength-conditioning>

We hope these reminders prove to be helpful to you. Our best wishes on a great summer, and we hope you find some time for rest and relaxation. Please know that the UIL Athletic staff is here to serve you, do not hesitate to contact any of our staff members if there is anything we can do for you. We are looking forward to a great 24-25 school year!

Sincerely,
Ray Zepeda
UIL Director of Athletics