

Karnes city isd heat policy

Athletic periods 2024-2025

The following KCISD Heat Policy will be in effect for all outdoor athletic activities during athletic periods. This information should be shared with all coordinators, principals, and directors as well as coaching staff for all outdoor sports. Coaches should be familiar with Wet Bulb cutoff temperatures and exposure times. Coaches should be able to administer first aid and CPR in the event medical staff are unavailable. Coaches are the first line of defense and action.

Risks Associated with Heat Exposure

Heat Cramps – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.

Heat syncope – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.

Heat Exhaustion – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

Heatstroke – An acute medical emergency related to thermoregulatory failure. Nausea, seizures, disorientation, and possible unconsciousness or coma. Unconscious with a high body temperature.

Recognition of Potential Heat Illnesses – What to Look For

Carefully observe athletes that have lost significant weight.

Watch for eager athletes who constantly compete at his/her capacity.

Trouble signs: nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.

Rules of Thumb

Workouts should be planned around a **gradual acclimatization to hot weather.**

- Consider a 5-day acclimation period

Water should be available in unlimited quantities

- One student athletic trainer will be available with water bottles

- Coaches should make arrangements with the Athletic Trainer in writing stating what they need daily for outside workouts

Breaks should be provided following UIL guidelines

- Activity time is to be started as soon as the students get to the workout area

Consider temperature **and** humidity

Follow Perry weather notifications

- Perry weather should be checked 15 minutes prior to going outdoors and be monitored by an assigned coach every 15 minutes while outdoors

Coaches are expected to utilize first aid and CPR skills when medical staff is not present.

Consider doing all warmups and stretching indoors

Never restrict athletes from water at any time

Any conditions over 80.0 F WBGT require cooling techniques available during outdoor activity

- Ice towels, canopies, ice tarps

Students must be in weather appropriate attire such as shorts, t-shirts of light colors and shoes that protect from hot surfaces.

Use of heat conducting equipment should be strongly evaluated during 80.0 F WBGT readings

No outdoor activity if WBGT is at or above 92

Notification of Heat Excess and Enforcement

Decisions for outdoor activity will be made based on the WBGT on Perry Weather and at the discretion of the school administration, Athletic Director, and Athletic Trainer.

All coaches should monitor the WBGT temperature on Perry weather before and during activity.

Head Coaches will be responsible for monitoring students and adhering to exposure times.

Below are the thresholds that Perry Weather alerts will be based on:

WBGT	Activity Guidelines
< 82.0 F < 27.8 C	Normal Activities – At least 3 water breaks each hour for no less than 3 minutes.
82.2-86.9F 27.9-30.5C	Use discretion for intensity and duration – At least 3 breaks each hour for no less than 4 minutes
87.1-90.0F 30.6-32.2C	Maximum practice time is 2 hours. For FB: players are restricted to helmet, shoulder pads and shorts. For all sports: At least 4 breaks each hour for no less than 4 minutes
90.1-91.9F 2.2-33.3C	Maximum practice time is 1 hour. For FB: No shoulder pads, helmet or pants. No conditioning. For all sports: At least 5 breaks for no less than 4 minutes.
>92.1F >33.4C	No outdoor activities allowed.