



Karnes city isd heat policy

band 2024-2025

The following KCISD Heat Policy will be in effect for all outdoor activities during band practice. This information should be shared with all coordinators, principals, and directors. Band Directors should be familiar with Wet Bulb cutoff temperatures and exposure times.

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.

Consider a 5 day acclimation period

Water should be available in unlimited quantities

- Band Directors should come up with methods of providing water at all times

Breaks should be provided following UIL guidelines

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

Consider temperature **and** humidity

Follow Perry weather notifications

- Perry weather should be checked 15 minutes prior to going outdoors and be monitored by the Band Director every 15 minutes while outdoors

Consider doing all warm ups and stretching indoors

Never restrict students from water at any time

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

- Ice towels, canopies, ice tarps
- Band Directors should be trained on how to administer proper cooling techniques

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.

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

Band Directors 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. 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. At least 5 breaks for no less than 4 minutes.
>92.1F >33.4C	No outdoor activities allowed.