

Karnes city isd heat policy

General Population

The following KCISD Heat Policy will be in effect for all strenuous outdoor activities. This information should be shared with all coordinators, directors, and administrators. All people involved should be familiar with Wet Bulb cutoff temperatures and exposure times. All staff are expected to utilize first aid and CPR certifications when needed.

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

Water should be available in unlimited quantities

Breaks should be provided based on perry recommendations

Consider temperature **and** humidity

Never restrict employees or students from water at any time

If outdoor activity is required during a WBGT period over 80.0, cooling techniques such as canopies and fans should be provided.

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 supervisors involved should monitor the WBGT temperature on Perry weather before and during activity.

Supervisors 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 outdoor time is 2 hours. Provide a minimum of 4 separate 4 minute rest breaks every hour.
90.1-91.9F 2.2-33.3C	Maximum outdoor time is 1 hour. Provide a minimum of 5 separate 4 minute rest breaks within the hour.
>92.1F >33.4C	No outdoor activities allowed.

