

Plano Independent School District

Marching Band/ Drum Line/ Color Guard/ Cheer/ Drill Team

Hot Weather Guidelines

Practice or competition in hot and humid environmental conditions poses special problems for students.

Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

General Considerations for Risk Reductions:

Encourage proper education regarding heat illnesses (for students, teachers, parents, medical staff, etc.). Education about risk factors should focus on hydration needs; acclimatization, work/rest ratio, signs and symptoms of exertional heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.

General Guidelines:

1. Gradual acclimatization for the student to hot/humid conditions is a must. We advise that students should gradually increase exposure to hot and/or humid environmental conditions over a period of 7 to 10 days to achieve acclimatization.
2. Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During the acclimatization process, students should practice in t-shirts, shorts, socks and shoes. Rubberized suits should never be worn.
3. To identify heat stress conditions on the rehearsal field, regular measurements including ambient temperature and relative humidity will be taken 30 minutes prior to practice and every 30 minutes throughout practice. The website below includes a heat index table. Use this table to assess the heat index. [Heat Index Chart](#)
4. It is the responsibility of the student to provide water. Students will be given unlimited access to their drinking water throughout practices.
5. Watch for the following signs of heat problems:

a. Profuse sweating, or no sweating at all (if there is no sweat this could be the beginning

of a heat stroke, get medical help immediately).

b. Dizziness or “spots” before their eyes.

c. Slurring of speech (could be heat stroke).

6. If you have a student that exhibits any of the above behaviors, do the following:

a. Remove the student from the practice and take them to a cool or shaded area (a Director should remain with the student).

b. Remove any excess clothing but do not expose the student in any way.

c. Give them plenty of water to drink.

d. Do not pour water over the student; instead, use cool towels.

Specific Guidelines

Heat index of less than 100:

- Water breaks every 30-45 minutes

Heat index of 100 – 105:

- In performance uniform
- Water breaks every 30 minutes
- Break duration 1 period (5 minutes)
- Shorts/shirts
- Water breaks every 40 minutes

Heat index of 106-110:

- In performance uniform
- Water breaks every 20 minutes
- Outside practice will not exceed 1 hour 45 minutes
- Shorts/shirts
- Water breaks every 30 minutes
- Outside practice not to exceed 2 hours

Heat index of 111 – 115:

- Shorts/shirts only
- Water breaks every 20 minutes

- Outside practice not to exceed 2 hours total

Heat index of 116 – 117:

- Shorts/shirts only
- Water breaks every 20 minutes
- Outside practice not to exceed 1 hour 30 minutes

Heat index of 118 and above:

All activities:

- No outside practice will be allowed in any activity.