

COPPELL HIGH SCHOOL BAND: HOT WEATHER GUIDELINES

Rehearsals in hot and humid environmental conditions poses special problems for student-performers in band. Heat stress and resulting heat illness is a primary concern in these conditions. Although serious injuries 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

1. Encourage proper education regarding heat illnesses (for students, directors, parents, medical staff, etc.). Education about risk factors should focus on hydration needs, acclimatization, work/rest ratio, signs and symptoms of heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
2. Assure that onsite medical staff has authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and/or athlete's medical conditions.

General Guidelines

1. Gradual acclimatization of the student-performer to hot/humid conditions is essential. We advise that student-performers should gradually increase exposure to hot and/or humid environmental conditions over a period of 7 days to achieve acclimatization.
2. Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation. During acclimatization process, student-performers should rehearse in t-shirts, shorts, socks, and shoes.
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.
<http://www.weatherimages.org/data/heatindex.html>
4. Unlimited access to drinking water will be provided throughout practices and competitions.

Specific Guidelines

Heat index of less than 100: Water breaks every 30-45 mins

Heat index of 100-105: Water breaks every 40 mins

Heat index of 106-110: Water breaks every 30 mins - rehearsal not to exceed 2 hours

Heat Index of 111-115: Water breaks every 20 mins - rehearsal not to exceed 90 mins

Heat Index of 118-120: No outside rehearsals will be allowed.

Air Quality Index Policy

Code Green	No action taken
Code Yellow	No limit to rehearsal
Code Orange	6-hour rehearsal limit
Code Red	2-hour rehearsal limit
Code Purple	1-hour rehearsal limit