

KHS BAND HEAT (over 100) EXCESSIVE POLICY

Revised Fall 2020

General Guidelines

For Marching Practices, we will not have kids outside if the heat is either 106 actual temp or 106 heat index (*We may be inside the INDOOR FACILITY*). If the actual temp or heat index is 100-105, we will practice outside, but only 20 minutes on, 10 minutes off.

For performances, we will do all we can to take care of our student's and keep them hydrated and cooled off.

We will emphasize to kids (and parents) that they must eat full meals 3 times a day. They must drink fluids – water or Gatorade – ALL DAY. And as much as they can intake.

KHS band will provide daily at outside rehearsals:

1. Shade: under Shade Tents, beside bushes, next to a building

KHS band will encourage students to bring themselves for outside rehearsals:

1. Cold Water to drink
2. Gatorade (sport Dink) to drink
3. Hats, Sunglasses, Sunscreen
- 4 Cold Wet shop towels – students can use to cool off with

We will take breaks every 25-30 minutes for 5-10 minutes each. When it is the 9:30-10:30am time, we often take all kids inside the AC of the 800 hall (if available) for a break to cool them down more.

Any kids who look sick or appear to have any heat related affects, are taken inside and cared for until they feel better. If they don't feel better in a short time, they are sent home with a parent for the day.

Any student who passes out (Actually unconscious for any amount of time), is sent home immediately and not allowed to return to that day's practice and not allowed back outside without a doctors release. (Per UIL Rule 33.205)