



COCISD HEAT PROTOCOLS

For all athletic events, recess and student outdoor activities

***Parents,** Coldspring-Oakhurst CISD follows the recommended Texas UIL policy for conducting practices, conditioning workouts, and games in all sports during times of extremely high heat and/or humidity for all athletic events, recess, and student outdoor activities.*

New research has found the gold standard for implementation of heat illness protocols is to use the **Wet Bulb Globe Temperature (WBGT)** as a means to track appropriate conditions for outside activity and therefore mitigate the chance of heat illness.

Coldspring-Oakhurst CISD Heat Protocols follow modified guidelines of the American College of Sports Medicine in regard to:

- 1. The scheduling of practices at various heat/humidity levels**
- 2. The ratio of workout time to time allotted for rest and hydration at various heat and humidity levels**
- 3. The heat/humidity level that will result in practice being terminated**

Recent research has demonstrated that as environmental temperature and humidity increase, there is an increase in the heat stress that is placed on the exercising individual. Exercise in the heat causes athletes/students to rely on evaporation of sweat from the skin as the primary method of dissipating heat that is produced by the working muscles. As humidity increases, the ability to dissipate heat through evaporation is further hindered, thus causing the body to have an increased body temperature, which increases the risk of heat illness.

A WBGT device is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during exercise. Establishing WBGT guidelines that dictate modifications in activity (work:rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures play a huge factor in helping to prevent heat stress



COCISD's Guidelines:

Heat Temperature Table

***Wet Bulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas.**

****The Heat Index is what the temperature feels like to the human body when relative humidity is combined with the air temperature.**

*WBGT Temperature in °F	**Heat Index Temperature in °F	COCISD Outdoor Guidelines for Students
Below 82.0	Below 80.0	Normal Activities: Little to no risk from expected heat. Recess is permitted
82.0-86.9	80.0-90.0	Use Discretion- Minor risk from expected heat. Exercising in direct sunlight will stress the body after 45 minutes. Use effective cooling and/or adequate hydration. Recess and outdoor activities can occur.
87.0-89.9	90.1-105.0	Use Caution- Moderate risk from expected heat. Exercising in direct sunlight will stress the body after 30 minutes. Provide a 4-minute break for every 15 minutes of physical activity. Use effective cooling and/or adequate hydration. Recess and outdoor activities may occur.
90.0-92.0	105.1-115.0	Use Extreme Caution- High risk from expected heat. No jackets, hoodies, or heavy clothing should be worn outside. Exercising in direct sunlight will stress your body after 20 minutes. Physical activity should be limited to less than 20 minutes. Followed immediately by effective cooling and adequate hydration. Shortened outside activities/recess or inside activities/recess is recommended.
Above 92.1	Above 115.0	NO Outdoor Activities Allowed- Extreme risk from expected heat. Exercising in direct sunlight will stress your body after 15 minutes. Recess and outdoor activities are not permitted.

Heat Measurement Directions

To identify the WBGT temperature, schools are to utilize the [National Weather Service](#) website.

To find the Heat Index temperature, schools are to utilize the [National Weather Service](#) website.





Procedures for Activities During Extreme Heat

Temperatures are often record breaking when school begins in August. Teachers and coaches are responsible for ensuring the safety of their students during any and all outside activities. The following procedures should be put into place to support the health and safety of all students during recess, P.E., athletic periods or any outdoor activities in alignment with the Coldspring-Oakhurst CISD Heat Temperature Table.

Recess & Outdoor Activities:

- Teachers will discuss the heat with the students.
- Teachers will remind students to get a drink of water before and after going outside.
- Teachers will not require students to stay outside in the sun, but will provide shade as needed.
- Teachers will limit the amount of time the students are outside in the direct sun.
- Teachers will monitor and limit the amount of physical activity in the direct sun and provide frequent water breaks.
- Teachers will monitor the students closely for any beginning signs of heat exhaustion.

Physical Education & Athletics Classes:

- Coaches will limit the outside physical fitness endurance requirements on days when the Heat Index is in excess of 105°.
- Coaches will monitor the fluid intake of the students involved in outside activities.
- Coaches will limit outside physical activity to periods of 15 to 20 minutes, encouraging and allowing water intake as desired.
- Coaches will closely monitor the students for any beginning signs of heat exhaustion.
- For secondary schools, [UIL Heat Stress & Athletic Participation Guidelines](#) must be followed.



PROTOSCOLOS DE CALOR

Para eventos deportivos, recreo y actividades estudiantiles al aire Libre

;Padres! Spring ISO sigue la polisa recomendada de Texas UIL para realizar practicas, entrenamientos de acondicionamiento, recorridos y juegos en todos los deportes durante momentos de ca/or o humedad extremadamente altos para todos los eventos deportivos, recreos y actividades estudiantiles al aire libre.

Una nueva investigacion ha encontrado que el estandar de oro para implementar protocolos de enfermedades por calor es usar el indice de Temperatura de Bulbo Humedo y de Globo (WBGT) como un medio para rastrear las condiciones apropiadas para la actividad al aire libre y, por lo tanto, mitigar la posibilidad de enfermedades por calor por esfuerzo. Los protocolos de calor de Coldspring-Oakhurst CISD siguen las pautas modificadas del American College of Sports Medicine con respecto a:

- 1. La programacion de practicas en varios niveles de calor/humedad.**
- 2. La relacion entre el tiempo de entrenamiento y el tiempo asignado para el descanso y la hidratacion en varios niveles de calor y humedad.**
- 3. El nivel de calor/humedad que resultara en la terminacion de la practica**

Investigaciones recientes han demostrado que a medida que aumentan la temperatura y la humedad ambientales, aumenta el estres por calor que sufre la persona que hace ejercicio. El ejercicio en el calor hace que los atletas confien en la evaporacion del sudor de la piel como el metodo principal para disipar el calor producido por los musculos. A medida que aumenta la humedad, la capacidad de disipar el calor a traves de la evaporacion se ve obstaculizada aun mas, lo que provoca que el cuerpo tenga una mayor temperatura corporal, lo que aumenta el riesgo de EHS.

Un dispositivo de temperatura de globo y bulbo humedo es una herramienta de medicion que utiliza la temperatura ambiente, la humedad relativa, el viento y la radiacion solar del sol para obtener una medida que se puede usar para monitorear las condiciones ambientales durante el ejercicio.

Establecer pautas WBGT que dicten modificaciones en la actividad (descanso, descansos para hidratacion, equipo usado, duracion de la practica) a temperaturas WBGT es de un factor muy importante para ayudar a prevenir el estres por calor.



Pautas de COCISD: Tabla de temperatura de calor

*Indice de Temperatura de Bulbo Humedo y de Globo (WBGTJ es una medida de/ estres termico bajo la Luz solar directa, que tiene en cuenta: la temperatura, la humedad, la velocidad de/ viento, el angulo de/ sol y la cobertura de nubes (radiaci6n solar). Esto difiere de/ indice de ca/or, que tiene en cuenta la temperatura y la humedad y se calcula para las zonas de sombra.

**El Indice de Color es la temperatura que siente el cuerpo humano cuando la humedad relativa se combina con la temperatura de/ aire.

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Instrucciones de medicion de calor

Para identificar la temperatura WBGT, las escuelas deben utilizar el [National Weather Service](#) website.

Para encontrar la temperatura del indice de calor el [National Weather Service](#) website.



Procedimientos para actividades durante calor extreme

Las temperaturas sue/en batir records cuando comienza la escuela en agosto. Los maestros y entrenadores son responsables de garantizar la seguridad de sus estudiantes durante todas y cada una de las actividades al aire libre. Los siguientes procedimientos deben implementarse para apoyar la salud y la seguridad de todos las estudiantes durante el recreo, la educacion fisica, las perfodos deportivos o cualquier actividad al aire libre en consonancia con la Tabla de temperatura de color de Spring ISO.

Recreo y actividades al aire libre:

- Los maestros discutiran el calor con los estudiantes.
- Los maestros recordaran a los estudiantes que tomen un trago de agua antes y despues de salir.
- Los maestros no requeriran que los estudiantes permanezcan afuera bajo el sol, pero proporcionaran sombra segun sea necesario.
- Los maestros limitaran la cantidad de tiempo que los estudiantes estan afuera bajo el sol directo.
- Los maestros controlaran y limitaran la cantidad de actividad fisica bajo el sol directo y proporcionaran frecuentes descansos para tomar agua.
- Los maestros monitorearan de cerca a los estudiantes para detectar cualquier signo inicial de agotamiento por calor.

Clases de Educaci6n F1sica y Atletismo:

- Los entrenadores limitaran los requisitos de resistencia fisica externa en los dias en que el indice de calor supere los 105°.
- Los entrenadores controlaran la ingesta de liquidos de los estudiantes que participen en actividades al aire libre.
- Los entrenadores limitaran la actividad fisica al aire libre a perfodos de 15 a 20 minutos, fomentando y permitiendo la ingesta de agua segun se desee.
- Los entrenadores vigilaran de cerca a los estudiantes en busca de signos iniciales de agotamiento por calor.
- Para las escuelas secundarias, se deben seguir las Pautas de UIL para el Estres por Calor y la Participaci6n Atletica.