



FOR IMMEDIATE RELEASE
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MEASURES IN PLACE TO KEEP STUDENTS AND ATHLETES SAFE DURING EXTREME HEAT

Kilgore, TX - As most Kilgore ISD Fall sports and activities have started their practice schedules this week, Kilgore ISD has implemented comprehensive measures to ensure students and coaches stay safe and hydrated during practices and activities amidst the extreme heat.

Water Stations for All Outdoor Practices:

Water stations are placed strategically at all outdoor practice locations. These stations are stocked with ample drinking water to keep students hydrated throughout their activities.

Shade Structures for Cooling Stations:

In addition to water stations, shade structures are available at all outdoor practices for students to rest as needed during practice.

Scheduled Water Breaks:

Kilgore ISD is following UIL policy and our own Emergency Action Plan and has scheduled water breaks throughout the duration of outdoor practices to prevent any potential risk associated with extreme heat conditions.

In addition to providing ample water resources, we are also educating our students and parents about the best practices for staying hydrated, including the importance of drinking water before, during and after physical activities, to be aware of the signs of dehydration, and to seek help if they experience any symptoms due to the extreme heat.

(hydration flyer attached)

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About Kilgore Independent School District

Kilgore Independent School District prepares today's students for tomorrow's opportunities through quality instruction and academic excellence. Kilgore ISD is located in the piney woods of northeast Texas between Dallas, Texas and Shreveport, Louisiana and covers 106 square miles in both Gregg and Rusk counties. Kilgore ISD employs more than 500

staff members who serve over 4,000 students across five campuses. Find out more about Kilgore ISD through our website, visit www.kisd.org or follow KISD on Instagram (@kilgoreisd) and Facebook (@KilgoreBulldogs).