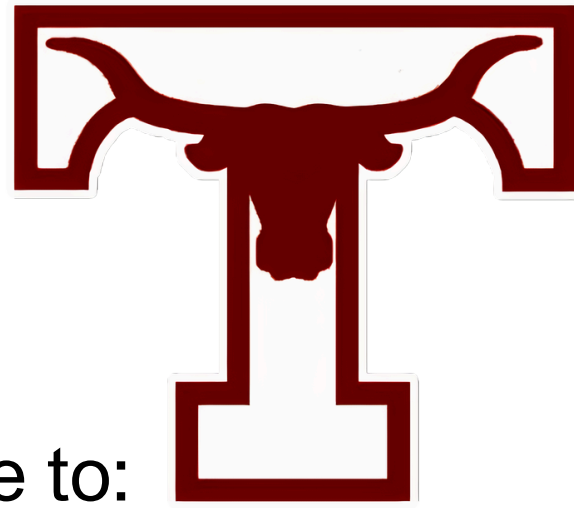


HEAT SAFETY FOR STUDENTS

TARKINGTON ISD

Why it matters



Children are more vulnerable due to:

- Generating more heat relative to body size
- Sweating less efficiently and often start sweating at a higher temperature than adults
- Often unable to recognize the signs of overheating or dehydration

UIL Heat Guidelines

The UIL provides heat stress and participation guidelines for athletics and band, based on the wet-bulb temperature.

Wet Bulb Globe Temperature (WBGT) measures how well sweat can cool the body by factoring in:

- Temperature
- Humidity
- Wind
- Sun angle
- cloud cover

Prevention

Monitor WBGT 15 minutes before and every 30 minutes during outdoor time.

Take breaks and monitor hydration

Modify activity if needed based on UIL guidelines

Types of Heat Illness

- **Heat Cramps:** Painful muscle cramps from salt and water loss
- **Heat Syncope:** Weakness, fatigue, or fainting in the heat
- **Heat Exhaustion:** thirst, headache, weakness, nausea, dizziness, possible unconsciousness
- **Heat Stroke** (medical emergency): seizures, disorientation, possible coma/death, can happen suddenly

How to Track

We currently use the Zelus WBGT app to monitor conditions.

1. Download Zelus WBGT
2. Select Organization: TX UIL CLASS 3
3. Take WBGT readings 15 minutes before activity
4. Recheck often and adjust as needed
5. Tap the “i” icon in the app for the UIL activity guidelines

Treatment

Heat Exhaustion:

- Move to a cool/shaded area and remove excess clothing
- elevate legs
- provide with fans/cooling towels/ice bags
- provide fluids and rehydrate
- Individuals should respond quickly to treatment

Heat Stroke:

- Remove excess clothing
- cool as quickly as possible with whole body ice water immersion
- maintain airway and breathing
- activate the EAP and call 911
- monitor vitals until EMS arrives

Monitoring and Communication

One individual per organization will track WBGT and will be responsible for communicating the necessary accommodations to whom it applies as well as the campus administrators.

- Athletic Trainer-Athletics
- Band Director-Band
- Campus Nurse-School Activities