



Buckeye Instrumental Music Department



3084 Columbia Road, Medina, Ohio 44256
Phone 330-722-8257 ext. 3038 • Fax 330-723-5606

Summer Band Uniform Policy

Bands are now starting the seasons in Mid July due to the Football Seasons being moved up another week early as more teams will be in the playoffs. This translates to we may be wearing summer band uniforms more frequently than ever before especially early in the season.

Every band member should have their summer uniform on standby every week. They will be used for the entire school year for events such as pep band and memorial day.

Our uniforms are made out of wool like the majority of Ohio Bands. Ohio winters can be brutal so they are designed for the fall and winter months in mind.

We will be using the summer band uniform when the heat is on!

The following guidelines will be followed to determine what type of uniform is worn and the duration the Full Uniform is worn.

The 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 US Army and Marine Corps originally developed this measure in the 1950s. – definition from the National Weather Service Calculating WBGT Wet Bulb Temperature (Humidity including Wind) (Tw) • Globe Temperature Solar radiation (including Wind) (Tg) • Dry Bulb Temperature (Air temperature) (Td)
 $WBGT = 0.7Tw + 0.2Tg + 0.1Td$

The directors may adapt the uniform based on the situation, time of day for the game, and weather trends and consultations with available medical personnel and trainers.



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	When Kickoff is 2 hours or more before sunset	When kickoff is less than 2 hours before sunset
WBGT <82°	Full Uniforms may be worn	Full Uniforms may be worn
WBGT 82° - 86°	- Full Uniform should be worn no longer than 40 minutes. Less time is recommended based on physical exertion. - Regular intervals where Jackets and shakos are removed.	- Full Uniform should be worn no longer than 40 minutes. Less time is recommended based on physical exertion. - Regular intervals where Jackets and shakos are removed.
WBGT 87° - 89°	- Full Uniform should be worn no longer than 20 minutes. Less time is recommended based on physical exertion. - Jackets and shakos should remain off for as long as possible.	- Full Uniform should be worn no longer than 20 minutes. Less time is recommended based on physical exertion. - Jackets and shakos should remain off for as long as possible.
WBGT 90° - 92°	Summer uniform will be worn.	Decision made based on weather trends.
WBGT >92°	Summer uniform will be worn if performance occurs. Note: For outdoor sporting events the conference has guidelines for extra cooldown/hydration breaks if this circumstance occurs.	Summer uniform will be worn if performance occurs. Note: For outdoor sporting events the conference has guidelines for extra cooldown/hydration breaks if this circumstance occurs.

Turf Fields run 10 to 30 degrees higher than air temperature on average and can spike to 70 Degrees higher depending type of synthetic turf. <https://www.weather.gov/rah/WBGT>

Background:

Humans are meant to operate at our optimal potential within a set body temperature. Obviously, our geographic location makes overheating a very real possibility.

There are many measurements of heat stress. The more common ones are heat index and humidity. However, the best measure of heat stress on the human body is Wet Bulb Globe Temperature (WBGT). This measurement utilizes air temperature, humidity, solar radiation, and is measured in the sunlight. WBGT forecasts should be consulted when planning daily activities and should be checked before and during activity to determine if the activity should be modified. Any WBGT of 82° or higher means that heat illness is probable and activity modifications must be made.

Prevention It is important to convey the importance of regular rest breaks throughout practices for the participants to cool down and hydrate. During high WBGT environments, it is essential that all persons get water breaks within a shaded area every 20-30 minutes. It is important that students be allowed to find shade, as direct sunlight is a major factor in heat stress. This will not create mentally weakness but will instead increase adherence to learning and accomplishing goals.



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The body has a thermoregulatory system which works quite similar to the radiator in your vehicle. Water is the key.

Also, because of the extra work load placed on the body by the stress of the heat, fuel is important to keep the body going. All students should eat at least three well rounded meals every day. It is also important to get plenty of sleep and maintain a regular sleep/wake cycle. Students who have medical conditions may have an increased risk from dehydration that could lead to life-threatening situations. If you know (or have concerns) your medical condition may be exacerbated by WBGT conditions, please inform the band director as soon as possible.