



North East Independent School District
Fine Arts Department
Outdoor Activity Heat & Safety Guidelines
(Updated July 2024)



In 2023, the UIL approved Wet Bulb Globe Temperature (WBGT) as the recommended forecast measurement to be used to monitor environmental conditions during outdoor physical activities. WBGT estimates the effect of temperature, relative humidity, wind speed, and solar radiation using a combination of temperatures from three thermometers. **Bexar County is in "Class 3"** for the chart below. Staff members that instruct outdoor activities should maintain access to the district provided weather app (Perry Weather). This provides WBGT temperatures for your location in addition to other weather information.

WBGT Activity Guidelines		
Class 3	Class 2	Activity Guidelines
< 82.0	<79.7	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0 - 86.9	79.7 - 84.6	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.0 - 90.0	84.7 - 87.6	Maximum practice time is 2 hours; For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 92.0	87.7 - 89.7	Maximum practice time is 1 hour; For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥92.1	≥89.8	No outdoor workouts. Delay practices until a cooler WBGT is reached.

**Values in the above chart are WBGT measurements (not temperature or heat index measurements).*

Rehearsal Planning:

- Rehearsal schedules should be planned / modified as needed to provide the safest environment for students and staff, including adhering to the above temperature guidelines.
- For outdoor contests or performances, please carefully plan hydration strategies for participants throughout events.
- NEISD Band & Spirit Directors have access to the Perry Weather App and a handheld WBGT thermometer which can be used to monitor and track weather for each rehearsal.
- This link provides the previous (and forecasted) WBGT by typing in an address. It is a great tool for planning rehearsals down to the hour of each day (select UIL Class 3): [Convergence WBGT Tool](#)

Physicals:

- All students in marching band, color guard, or spirit groups are required to have pre-participation physicals prior to participation. Please refer to the [UIL Website](#) for forms and additional guidance. These should be kept safely on file electronically and readily accessible by staff and medical personnel if necessary. It is encouraged to work in conjunction with the athletics department on your campus regarding shared students and access to physicals.

Student Safety Precautions:

- All students should wear shorts and lightly colored t-shirts to avoid overheating during outdoor practices. This is especially important for anyone carrying heavy instruments for long periods of time.
- Establish a hydration plan that allows students to drink water throughout practices (about 7 - 10 ounces every 20 minutes, or more frequently depending on the WBGT) and before and after events. Students should have access to water at all events.
- Review these health tips from UIL and ensure your program is in compliance:
<https://www.uilTEXAS.org/music/marching-band/health-tips-for-marching-band>

NEISD Emergency Action Plan:

- Call 9-1-1 as soon as you deem something to be a potential emergency.
- Make use of a rapid cooling zone. A cooling zone must be available for each outdoor athletic and marching band contest, practice, workout, or conditioning session that is held in wet bulb globe temperatures of 80 degrees or higher.
- Rapid cooling zones are required to have immediate availability of cold-water immersion tubs or tarps that can be filled with ice and water and wrapped around individuals to rapidly cool internal body temperature ([TACO method](#)) and are encouraged to include a combination of the following options: Ice sponges, towels, water misters, and shade.
- Immersion or tarp-assisted cooling methods should be used when someone is unresponsive or has passed out and will not wake up.
- Directors and coaches must adopt a heat injury prevention philosophy by always promoting unrestricted access to water. NEISD students will never be denied access to water at a rehearsal or performance.
- Rest breaks must involve hydration intake and must not involve any physical activity.