

Marching Band Directors,

As the 2023-2024 school year approaches and Texas faces yet another significant heat wave, we want to bring to your attention the valuable resources available from UIL on [heat related illness prevention](#). These have been updated to include information about using a wet bulb globe temperature (WBGT) index to monitor environmental conditions during outside activities.

It is vital to know the signs and symptoms of heat stroke. In the event a student is experiencing symptoms, cooling the athlete as quickly as possible via whole body ice water immersion is imperative. It is recommended all schools have rapid cooling tubs ready to allow the quick immersion of a student athlete experiencing heat distress. More information on critical steps to take can be found on our heat related illness prevention page linked above.

Additionally, the NFHS offers [heat illness prevention resources](#) for you to utilize to minimize the risk of exertional heat stroke among your athletes.

Apart from heat related illness prevention information, the UIL maintains a great deal of [health and safety information](#) to help you prepare for the start of competitive season. Please ensure your emergency action plans are updated and all relevant personnel are ready to act in an appropriate manner when necessary.

Thank you for everything that you do for our kids. We hope you have a safe and productive start to the school year.

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