

## STATE MARCHING BAND FESTIVAL

**October 11, 2025 (North)**

**Rain date: October 15, 2025**

**October 18, 2025 (South)**

**Rain date: October 22, 2025**

Schools must enter the district designated for their county. Registration for this festival will be online. Instructions for doing so can be found online. **Registration Deadline: September 11, 2025. Penalty Deadline: September 17, 2025.** A valid check or purchase order number must be submitted online on or before September 11, 2025 for your registration process to be complete without penalty. Final payment should be mailed to: Iowa High School Music Association, PO Box 10, Boone, IA 50036-0010. This payment is due 30 days from your registration date.

### MARCHING BAND ASSIGNMENTS

#### **NORTH**

##### **District #1: Sheldon**

**Counties:** Buena Vista, Cherokee, Clay, Dickinson, Ida, Lyon, O'Brien, Osceola, Plymouth, Sioux, Woodbury. **Manager:** Cliff St. Clair, Band Director

##### **District #2: Fort Dodge**

**Counties:** Boone, Butler, Calhoun, Carroll, Cerro Gordo, Emmet, Floyd, Franklin, Greene, Grundy, Hamilton, Hancock, Hardin, Humboldt, Kossuth, Marshall, Mitchell, Palo Alto, Pocahontas, Sac, Story, Webster, Winnebago, Worth, Wright. **Manager:** Al Paulson, Band Director

##### **District #3: Dubuque, Senior**

**Counties:** Allamakee, Bremer, Chickasaw, Clayton, Fayette, Howard, Winneshiek, and schools *on or north of Highway 20* in Black Hawk, Buchanan, Delaware, Dubuque.

**Manager:** John Garde, Band Director

##### **District #4: Cedar Rapids, Jefferson**

**Counties:** Benton, Jackson, Johnson, Jones, Linn, Tama plus schools **south of Highway 20** in Blackhawk, Buchanan, Delaware, and Dubuque. **Managers:** Carl Rowles and Matthew Nicholson, Band Directors

#### **SOUTH**

##### **District #5: Glenwood**

**Counties:** Adams, Audubon, Cass, Crawford, Fremont, Harrison, Mills, Monona, Montgomery, Page, Pottawattamie, Shelby, Taylor. **Managers:** David A. Clark and Dan Schoening, Band Directors

##### **District #6: Waukee**

**Counties:** Adair, Clarke, Dallas, Decatur, Guthrie, Lucas, Madison, Polk, Ringgold, Union, Warren, Wayne. **Manager:** Rishi Kolusu and Drake Van Roekel, Band Directors

##### **District #7: Pella**

**Counties:** Appanoose, Davis, Iowa, Jasper, Jefferson, Keokuk, Mahaska, Marion, Monroe, Poweshiek, Van Buren, Wapello, Washington (plus Newton). **Managers:** Dameon Place and Brody Ross, Band Directors

##### **District #8: Davenport, Central**

**Counties:** Cedar, Clinton, Des Moines, Henry, Lee, Louisa, Muscatine, Scott.

**Manager:** Alex Wilga and David Nicholson, Band Directors

## RULES AND REGULATIONS

1. **Eligibility:** In addition to the Iowa High School Music Association Constitution, Article VI, Section 1, participation is restricted to ensembles from member schools of the Iowa High School Music Association and containing students enrolled in grades 7-12 only. Participating students must be currently enrolled and in good standing in an appropriate curricular musical ensemble within their school. Instrumentalists wishing to participate in an evaluative or competitive event that is instrumental in nature would need to be enrolled in a curricular musical ensemble that is instrumental in nature (typically band or orchestra). This should be interpreted as the minimum requirement that school districts must meet. They must be in attendance at a minimum of 50% of the scheduled rehearsal sessions to be considered eligible for participation in this event. Students enrolled in 7-8th grade band and in attendance at 50% or more of the rehearsals meet the enrollment requirement for participation in Marching Band.
2. **Registration:** Fee - \$175.00. Registration for this festival will be online. Instructions for doing so can be found online. A valid check number or purchase order number must be submitted online on or before September 11, 2025 for your registration process to be complete without penalty.
3. Each participating band will be provided an archival copy of their performance. Each host site has the responsibility to provide the equipment and personnel to do so. IHSMA will reimburse each host site \$5.00 per band for this expense. Video footage of this festival will not be marketed for sale.
4. The announcer's form must be completed in every detail, and be postmarked **first-class to your festival manager by October 1, 2025 for the North and October 8, 2025 for the South. Do not send announcer forms to the IHSMA.** Schools failing to comply with this regulation will incur a \$25.00 penalty.
5. **Field:** The performance area will be defined as that area within the boundaries of a regulation size football field **plus an area extending to the edge of the track or the edge of the stands, whichever is closest to the performers** and from goal line to goal line. The end zones are not a part of the performance area; however, an ensemble may elect to **start** their show from the end zone or beyond the sidelines. The entire unit must enter the competition field within 60 seconds of the start of the actual performance. A .5-point penalty will be deducted for each 15-second (or fraction thereof) segment of violation of the 60-second entry rule. Managers shall notify participating schools in advance concerning (a) direction of the field, (b) location of judges, (c) peculiarities of the area that would restrict entrance or exit.
6. **(New 2023)** The IHSMA will track which bands are using 8-player marching band fields. Those bands will be scheduled first at the IHSMA State Marching Band Festival, and the field will have temporary markings to indicate yard lines and 8-player home hash marks. The visitor side hash marks will not be changed. The temporary markings will be removed once the 8-player bands are finished.
7. Bands may enter the field for warmup and performance immediately following the previous bands exit. The judges will begin judging after the drum major's/majorette's salute and the announcer states, "Band, take the field." The first movement of the band or sound from the band after this command will begin the timing for the performance. Judging will cease with the salute of the drum major/majorette at the conclusion of the performance. The performance must last at least **5 minutes**. A .5-point penalty will be deducted for each 15-second segment (or fraction thereof) of violation short of the 5 minutes. All personnel and all equipment must have passed the designated "clearance line" and cease all sound within the 15-minutes time limit. The "clearance line" will be designated by the festival host and will be shown to each director prior to the performance. A .5-point penalty will be deducted for each 15-second segment (or fraction thereof) of violation of the exit rule. The timekeeper will record all violations on the provided form and submit it along with the adjudication forms for tabulation.
8. A salute signaling the beginning and end of the performance is mandatory. A 1-point penalty shall be assessed to any performance not complying with this regulation. **\*\*Directors:** If your show has an unusual feature that might be confusing to either the management or adjudicators, take a short amount of time to explain that feature to the timer so each performing ensemble has the same opportunity.

9. With the exception of command personnel who may cross and re-enter the boundaries at will, no performer may leave the performance area until the show is concluded (this assumes that if a corner, sideline or end zone entrance is employed, once the student officially enters the field, they cannot leave until conclusion). Stepping **on** a boundary will be considered crossing it. **Penalty:** A .5-point deduction for every observed violation of boundary regulations.
10. Marching units that employ extraneous equipment as a portion of their performance may have such equipment brought on and/or removed from the field by **non-uniformed** personnel. The employment of uniformed personnel for this purpose will result in the .5 deduction for every observed entrance/departure.
11. Amplified instruments will be allowed on the field; however, the site is not required to furnish the power or hookups for such equipment.
12. Students may retrieve dropped equipment. It will, however, be a consideration of the Visual General Effect and Visual Execution judges.
13. Marking time and/or excessive stopped time will be a consideration in all captions of the Visual Judges.
14. Fire **WILL NOT** be permitted as a portion of any performance.
15. Judging for this festival will be on a point basis employing six different judges. The six areas of judging criteria are: Music-General Effect; Music Execution; Visual-General Effect; Visual- Execution; Percussion; and Color Guard. **Judging Criteria:** The criteria for each judging assignment is spelled out in detail on the adjudication forms.
16. The point breakdown for divisional ratings is as follows:
 

Bands w/Color Guard	Bands w/o Color Guard
68-100 = I	61.20-90 = I
55-67.99 = II	49.50-61.19 = II
42-54.99 = III	37.80-49.49 = III
29-41.99 = IV	26.10-37.79 = IV
0-28.99 = V	0-26.09 = V
17. Entry “for comments only” is permissible for this festival. Such information must be made known to the festival manager by one week prior to the festival.
18. Divisional ratings only will be announced and posted.
19. **Any band using the flag of the United States of America in performance should consult the latest edition of the American Legion Flag Code for proper flag etiquette.**
20. A PA system and microphone will be available.
21. Admission will be charged for this festival for all non-participants. Adults - \$12, Senior Citizens (62+) - \$7, K-12 Students - \$5.
22. Free admission for chaperones (3 per bus) will be granted by the festival management.
23. Directors may provide a “confidential statement to the adjudicators” identifying students who might be prevented from marching at an expected level of dignity and grace as a result of injury, disability, or physical inability. There is no need to identify the obvious, i.e., leg in a cast, etc.
24. Each site will schedule bands for the IHSMA State Marching Band Festival according to classification 1A through 4A. Bands wishing to perform “out of classification” due to a conflict may do so but for comments only.
25. Disregarding a directive from the festival manager may be cause for withholding of a rating.
26. Certification of copyright compliance is required. Bands failing to follow the established process for compliance verification will not be allowed to perform.
27. A Color Guard/Auxiliary Unit is defined as any person or group of performers whose primary purpose is to create visual effect.
28. No recorded music or recorded rhythmic pulse may be used during the adjudicated portion of the performance. All music occurring from salute to salute must be produced “live and in real time” or prerecorded or sequenced for playback on a “one stroke, one note basis”. Recorded sound effects that provide no metronomic pulse are acceptable.
29. **UPDATE (2025):** Props built and/or used, including drum major podiums, that measure over 4 feet in height and place the participants’ feet 4 feet or more above ground level, must have appropriate safety railings.

30. Any pre-recorded sounds used that are copyrighted must have permission obtained for their use, similar to copyright consideration for music. Bands must provide proof of permission to the IHSMA office at the time of registration (just like they do for all other permissions).
31. IHSMA will employ the use of the Wet Bulb Globe Temperature (WBGT) guidance provided by the Iowa Sports Medicine Advisory Committee and the guidance therein for the IHSMA State Marching Band Festival.
32. **WBGT Heat Modification Policy:** All sports/activities performed in a non-climate-controlled setting should follow the Wet Bulb Globe Thermometer Heat Modification Policy, however, below are some additional guidance specific to marching band.
  - **WBGT 84.7 to 87.6 (ORANGE): Partial / 1/2 uniform (no long sleeves or long pants). Move practice to grassy area rather than turf or concrete.**
  - **WBGT 87.7 to 89.7 (RED): out of uniform. Shorts, t-shirts and footwear only for activities. No conditioning allowed.**
  - **WBGT 89.8 or greater (BLACK): No outdoor activities, cancel or delay practices until lower WBGT is recorded.**
  - This policy shall be required at the IHSMA State Marching Band Festival and recommended for implementation at all other invitational and local marching events.
  - Adjudicated events may decide to have an entire classification of bands adhere to this policy in the anticipation of heat-related issues for some of the bands within that class.
  - Band members and directors should plan accordingly. Though it is not necessary, bands may choose to have an alternate uniform as their “partial uniform” (i.e matching shirts and shorts) as a backup alternate plan should the Weather Policy apply. If shorts are utilized they should be in modest taste.
  - Adjudicators shall not deduct any points for bands marching out of uniform or in partial uniform due to weather related concerns (WBGT index, wind chills, windy conditions, precipitation, etc).”
  - 50 degrees and below: recommend that bands require students to wear additional layers for warmth and comfort.
  - Windchills of 25 degrees and below, rehearsals and competitions should be postponed.

### **NOTICE!!! MARCHING BANDS NOTICE!!!**

The Marching Band Adjudication Panel has a judge devoted just to observing and evaluating color guard as they perform with the Marching Band. For bands appearing with **no auxiliary personnel**, this excludes command personnel, the IHSMA has devised a separate proportional point scale eliminating that judge. Check the appropriate blank on the Marching Band Online Registration Form if your group meets this criteria and you wish to be evaluated as such.

# IHSAA / IGHS AU/IHSMA/IHSSA Wet Bulb Globe Thermometer (WBGT) Heat Modification Guidance

Heat illness is the leading cause of preventable death in high school athletes. Heat production during intense exercise is 15 - 20 times greater than at rest and can raise body core temperature 1 – 2 degrees Fahrenheit every 5 minutes unless heat is dissipated.

The IHSAA, IGHS AU, IHSMA, and IHSSA, under the guidance of the IA Sports Medicine Advisory Committee, have approved the Wet Bulb Glove Thermometer (WBGT) as the recommended measurement practice and device for measuring acceptable heat/humidity levels for practices and contests. The use of WBGT is recommended throughout the calendar year when the ambient temperature is above 80 degrees (indoors or outdoors).

WBGT Reading (Region 2)	Activity Guidelines / Required Modifications for Grades 9-12
<b>&lt; 79.7</b>	Normal activities 3 separate rest/water breaks (3-5 minutes each) / hour
<b>79.8 – 84.6</b>	Use discretion for intense / prolonged practice 3 separate rest/water breaks (4-6 minutes each) / hour Monitor at-risk athletes closely <i>Cold water immersion available – see additional info sheet</i>
<b>84.7 – 87.6</b>	Maximum practice time is 2 hours <i>Reduce equipment to partial uniform</i> Remove all additional equipment if conditioning (football) <i>*if WBGT rises to this level during practice, players may continue practicing in football pants</i>  4 separate rest/water breaks (4-6 minutes each) / hour Monitor at-risk athletes closely <i>Cold water immersion available – see additional info sheet</i> <b>CONTESTS: Implement additional/extended timeouts for rest/water breaks</b>
<b>87.7 – 89.7</b>	Maximum practice time is 1 hour <i>Reduce equipment to out of uniform</i> No conditioning allowed There must be 20 minutes of rest breaks distributed throughout the one hour of practice Monitor athletes closely <i>Cold water immersion available – see additional info sheet</i> <b>CONTESTS: Consider moving start times earlier or postponing; Implement additional/ extended timeouts for rest/water and shade.</b>
<b>&gt; 89.7</b>	No (outdoor) activities Cancel or delay outdoor practices / contests until lower WBGT is recorded

Additional information: Participants should ALWAYS have unrestricted access to water / fluids

- WBGT should be measured every 30 minutes (where the activity is being held)
- The same person should monitor WBGT throughout the event
- WBGT reading at the start of practice/contest is the lowest category directions to follow, if WBGT increases to a higher category modifications will follow that category.
- Individual reactions to heat will vary per athletes and/or position/role
- Schools should have an exertional heat illness emergency action plan
- At-risk athletes should always be monitored closely.
- See Appendices for additional activity-specific recommendations

***WBGT is an all-inclusive measure of heat stress in direct sunlight, which takes into account ambient temperature, humidity, sun angle, wind speed, and cloud cover (solar radiation)***

# Wet Bulb Globe Temperature (WBGT)

**Wet Bulb Globe Temperature (WBGT)** is the gold standard for measuring heat stress during hot weather. This measurement comes from a Wet Bulb Globe—The WBGT device takes into account: *ambient temperature, humidity, wind speed, sun angle, direct sunlight and cloud cover.*

## Why WBGT and NOT heat index?

- The heat index is calculated in the shade, considering a standard/average sized person with normal core temperature, and that individual is walking at a 3.1 mph.
- As you can imagine, this is not an accurate measurement for someone who is doing an outdoor sport or a non-climate controlled activity.
- Even in warm ups for practice at a sporting event, a student athlete's body temperature rises above normal within minutes of starting.
- This is why professional athletic associations such as the NCAA, U.S. Military and OSHA no longer allow heat index as a measurement; they all now require WBGT for determining participation for hot weather activities.
- Using local news weather forecasts, weather apps on your phone or smart device **do NOT** provide an accurate temperature for where you are conducting your outdoor or non climate controlled activity. They do not consider all of the important variables for your specific location that go into the WBGT reading.

**Will I end up canceling practices all the time because of this? Won't my athletes be unprepared for competitions?**

- Most of the time, you will not be canceling practices but you may need to modify them to make sure athletes are heat-safe based on what the WBGT is and follow the policy.
- There are decades of research to support these WBGT procedures to prevent heat-related illnesses and events.
- Remember all high school sports and activities are going to be doing this at the same time under the same WBGT safety policy guidelines.
- There is no data to support following a WBGT policy will keep your student from being prepared for their activity.

## Do I still have to do heat acclimatization at the start of the season?

Yes, it is extremely important that acclimatization to heat takes place and you still follow the state guidelines for that in your sport or activity.

## FOR THE WBGT POLICY, WHEN IS THE STARTING TIME FOR PRACTICE?

THE START TIME IS WHEN THE FIRST ATHLETE SETS FOOT ON THE FIELD, IN THE GYM, ETC. THAT TIME SHOULD BE NOTED TO MAKE SURE BREAKS FOR WATER, UPDATED WBGT READINGS AND PRACTICE END TIMES ARE ACCURATE.

## What category is Iowa in for Heat Activity Guidelines?

Category 2 is where Iowa is at and how we derived our numbers for our policy.



## HOW DO I TAKE A READING AND WHEN?

- The WBGT should be set up and allowed to acclimatize at the venue at least 15-20 minutes prior to starting the activity.
- The unit should be 3 ft off the ground and away from obstructions.
- The WBGT should be set up IN THE SUN (not in the shade) and on the turf if you are practicing on turf. If using the WBGT in a non-climate-controlled building such as a gym, switch it to indoor mode.
- The WBGT should be monitored throughout the event—taking new readings every 20 to 30 minutes and adjusting athletic participation or activities accordingly (WBGT activity guidelines may move up or down based on the readings—see policy chart).
- Readings should be taken by the medical personnel on-site (if available) or athletic director/administrator overseeing the event or principal and then readings and participation modifications communicated to the coaching staff before and during practices.
- Practice using the device before an event occurs needing a WBGT so you are familiar and ready to use the WBGT device.

**\*\*Please refer to the WBGT Policy for further implementation and modification information**

## Appendix A: Different Types of Heat Illness<sup>1</sup>

Condition	Description	Treatment
Heat (fatigue) cramps	Painful muscle spasms/cramps that can happen during activity in hot environments. Athletes who sweat a lot may be prone to heat cramps due to fluid and electrolyte losses.	Stop exercising, massage or stretch involved muscle. Replace salt and water loss by drinking a lot of cool, salt-containing fluids. Future cramping may be reduced by improved conditioning, getting more used to exercising in hot temperatures, and drinking more salt-containing fluids.
Heat exhaustion	A type of heat illness when the body overheats leading to symptoms like excessive sweating, rapid heart rate, dizziness, faintness, fatigue, low blood pressure with standing, nausea, headache, muscle cramps.	Stop exercising, move to shaded or air-conditioned area. Replace water loss by drinking a lot of cool fluids. If the athlete does not quickly improve or is unable to drink fluids, then the athlete should be immediately taken to the nearest emergency facility.
Heat stroke	A type of heat illness that includes any of the symptoms of heat exhaustion + symptoms of confusion, disorientation, distress or loss of consciousness. Core (rectal) body temperature should be measured right away by a trained medical professional.	Call 911 or your local emergency number. Begin cooling immediately by cold water immersion technique (see below); don't wait for help to arrive. The athlete needs immediate medical attention.

## Appendix B – Cold Water Immersion Tub set up and protocol<sup>3,4,7,8</sup>

### Set-up:

- Acquire a 50-gallon tub, stock tank or kiddie pool (rubber or structural foam)
- Prior to the start of activity, half-fill with water and ice, keep additional chest coolers of ice next to tub
- Cool the water to a temperature of 35-59 degrees F

### When an Athlete is in need of Cold Water Immersion:

- Remove the athlete's equipment and excess clothing
- Immerse athlete in the tub up to their neck, if possible
- Place an ice/wet towel over the head and neck
- Stir/agitate the water continuously, adding more ice throughout the cooling process
- Remove athlete from the tub and transport to the emergency room when the core (rectal) temperature reaches 102 degrees F

## **Appendix C--Additional Specific Sport/Activity Guidance**

*All sports/activities performed in a non-climate-controlled setting should follow the Wet Bulb Globe Thermometer Heat Modification Policy, however, below are some additional sport/activity guidance.*

### **Sport-Specific Practice Guidance**

#### **Football Practices:**

- WBGT **84.7 to 87.6 (ORANGE)**: Helmets, Shoulder Pads and Shorts only should be worn and any additional equipment (e.g. shoulder pads) should be removed for conditioning. If WBGT rises to this level during practice, players may continue to practice in football pants.
- WBGT **87.7 to 89.7 (RED)**: Shorts, t-shirts and footwear only for activities. No conditioning allowed.
- WBGT **89.8 or greater (BLACK)**: No outdoor activities, cancel or delay practices until lower WBGT is recorded.

#### **Marching Band<sup>5</sup>/Cheerleading:**

- WBGT **84.7 to 87.6 (ORANGE)**: Partial / 1/2 uniform (no long sleeves or long pants). Move practice to grassy area rather than turf or concrete.
- WBGT **87.7 to 89.7 (RED)**: out of uniform. Shorts, t-shirts and footwear only for activities. No conditioning allowed.
- WBGT **89.8 or greater (BLACK)**: No outdoor activities, cancel or delay practices until lower WBGT is recorded.

### **Sport Specific Competition Guidance**

#### **Football competitions:**

- When kick off temperature is **87.7 to 89.7 WBGT (RED)**--A mandatory hydration break should take place at approximately the 6 min mark of the quarter of each quarter.
  - The hydration break will last 3 minutes and all players will remove their helmets and go to the sideline for a break.
  - No coaches allowed on the field.
- If kick off temperature is at or above **89.8 WBGT or greater (BLACK)**--A mandatory hydration break should take place at approximately the 4 and 8 min mark of the quarter of each quarter.
  - The hydration break will last 3 minutes and all players will remove their helmets and go to the sideline for a break.
  - No coaches allowed on the field.

#### **Cross Country Competitions:**

- When in competition and WBGT is **87.7 or greater (RED) (BLACK)**, at least two (2) hydration stations should be placed on the race course as well as at the finish line.



### Soccer Competitions:

- When in competition and WBGT is **87.7 or greater (RED)/(BLACK)**, referees will take a 3 minute hydration break at or near the midway point of each half.
  - Teams will go to the bench area during the hydration break, no coaches permitted on the field.

### Baseball/Softball Competitions:

- When in competition and WBGT is **87.7 or greater (RED)/(BLACK)**, umpires should have a 3 minute hydration break starting in the beginning and mid-point of inning 3 and every inning through the remainder of the contest.

### **Appendix D– Middle School Activities Guidelines for Outdoor/Non-Climate Controlled Settings<sup>6</sup>**

<b>&lt;79.7</b>	<b>Normal activities</b> 3 separate rest/water breaks (3-5 minutes each) / hour
<b>79.8 -- 84.6</b>	4 separate rest/water breaks (4-6 minutes each) / hour Monitor at-risk athletes closely Cold-water immersion available--see additional information sheet and Appendix B
<b>84.7 --87.6</b>	Maximum practice time is 2 hours  4 separate rest/water breaks (4-6 minutes each) / hour There must be 20 minutes of rest breaks distributed throughout each hour of practice Monitor at-risk athletes closely Cold-water immersion available--see additional information sheet and Appendix B  <b>CONTESTS: IMPLEMENT ADDITIONAL/EXTENDED TIMEOUTS FOR REST/WATER BREAKS</b>
<b>87.7 -- 89.7</b>	Maximum practice time is 1 hour  Shorts/t-shirt/footwear only for all activities No conditioning allowed There must be 20 minutes of rest breaks distributed throughout the one hour of practice Monitor at-risk athletes closely Cold-water immersion available--see additional information sheet and Appendix B  <b>CONTESTS: IMPLEMENT ADDITIONAL/EXTENDED TIMEOUTS FOR REST/WATER BREAKS. Consider delaying/postponing start times</b>
<b>89.8 or &gt;</b>	No activities Indoor workouts permitted in air-conditioned/climate controlled facilities  <b>CONTESTS: CANCEL CONTESTS UNTIL LOWER WBGT IS RECORDED</b>

## Appendix E--References and Videos

### Articles:

<sup>1</sup>American Academy of Pediatrics Definitions of Heat Illness:

[https://www.aap.org/globalassets/publications/coya/exercise\\_related\\_heat\\_illness\\_final\\_secured.1.0.pdf](https://www.aap.org/globalassets/publications/coya/exercise_related_heat_illness_final_secured.1.0.pdf)

<sup>2</sup>NFHS Wet Bulb Globe Temperature Reading: <https://www.nfhs.org/articles/wet-bulb-globe-temperature-wbgt-why-should-your-school-be-using-it/>

<sup>3</sup>Use of Rectal Thermometry as Core Temperature Reading:

<https://oata.org/images/McCannRecTherm.pdf>

<sup>4</sup>Cold Water Immersion and Heat Stroke Article: <https://thesportsinstitute.com/cold-water-baths-for-heat-stroke-every-minute-counts/>

<sup>5</sup>Marching Band Article: <https://www.nfhs.org/articles/heat-illness-prevention-keep-the-marching-band-playing/>

<sup>6</sup>American Academy of Pediatrics Policy Statement on Heat 2011, reaffirmed in 2021:

<https://publications.aap.org/pediatrics/article/128/3/e741/30624/Climatic-Heat-Stress-and-Exercising-Children-and>

<sup>7</sup>American College of Sports Medicine Heat Illness Policy: [https://journals.lww.com/acsm-csmr/fulltext/2023/04000/acsm\\_expert\\_consensus\\_statement\\_on\\_exertional\\_heat.10.aspx#:~:text=Identifying%20the%20athlete%20with%20suspected,sepsis](https://journals.lww.com/acsm-csmr/fulltext/2023/04000/acsm_expert_consensus_statement_on_exertional_heat.10.aspx#:~:text=Identifying%20the%20athlete%20with%20suspected,sepsis)

<sup>8</sup>National Association of State EMS Officials-- Policy on Heat Illness: pgs 320-325

[https://nasemso.org/wp-content/uploads/National-Model-EMS-Clinical-Guidelines\\_2022.pdf](https://nasemso.org/wp-content/uploads/National-Model-EMS-Clinical-Guidelines_2022.pdf)

### Videos:

#### **Wet Bulb Globe Temperature (WBGT)**

KSI video on how to use the Kestrel Meter/WBGT--

<https://www.youtube.com/watch?v=uABBWW1GRjM>

Safe Sports Network--<https://www.youtube.com/watch?v=RrtXV3U2vvo>

#### **Cold Water Immersion (CWI)**

KSI/USA Football--<https://www.youtube.com/watch?v=vtLt0zKbog>

TACO method of CWI--Safe Sports Network--[https://www.youtube.com/watch?v=mhTvq\\_QUIX4](https://www.youtube.com/watch?v=mhTvq_QUIX4)

#### **General Heat Illness Video**

Safe Sports Network--[https://www.youtube.com/watch?v=gbuOikV\\_IW0&t=0s](https://www.youtube.com/watch?v=gbuOikV_IW0&t=0s)

# Cold Water Immersion Guidelines

In the event of a potential Exertional Heat Stroke (EHS), each school participating in interscholastic sports must be properly prepared and equipped to initiate Cold Water Immersion (CWI) or equivalent whole body cooling techniques and EMS concurrently contacted, noting that the focus is to cool first and then transport. The water should be aggressively stirred during the cooling process. The best practices should be carried out by a license athletic trainer, designated healthcare provider, or EMS provider. The cooling modality must be set up at all warm weather practice, and should be readily available if the need arises.

## Cold Water Immersion

When treating a potential EHS, schools shall be properly prepared and equipped to initiate CWI or other best practice cooling technique. Cooling techniques must be implemented immediately, and EMS should be contacted concurrently. This must be followed during all sanctioned events when the temperature is at the WBGT is a Yellow flag alert level or higher.

WBGT READING Flag	COLD WATER IMMERSION GUIDELINES
Green	<b>Green:</b> Access to alternative cooling measures (cooler with ice, water, and towels, or tarp) are readily available at the practice and competition sites.
Yellow	
Orange	
Red	
Black	<b>Yellow through Black:</b> A cold-water immersion tub of approximately 150 gallons shall be partially filled with water or cold water immersion bag/ tarp (taco/burrito method) for cooling is accessible within 5-10 minutes of the practice/competition site. Ice shall also be readily available. Remove necessary external clothing/equipment prior to cooling. Aggressively stir water during cooling process.

## TREATMENT OF EXERTIONAL HEAT STROKE

- If an athletic trainer/medical provider is onsite, utilize the principle of Cool First, Transport Second.
- When cooling, use CWI or other best practice cooling method, until a core temperature at or below 102F is reached.
- If the athletic trainer/medical provider is not present or not onsite and EHS is suspected, cool immediately for a minimum of 20 minutes based upon the average estimated cooling rate of 1 degree per 3 minutes.
- Continue cooling until either an athletic trainer or other appropriate medical providers, EMS assumes control of the EHS patient and determines if additional cooling is needed based on core temperature (102F).
- Rectal thermometry is the gold standard for monitoring core body temperature.

## Preferred Methods for Cooling

1. Cold Water Immersion Tub\*\*
2. Cold Water Immersion Bag
  - a. A cold water immersion bag is a method which uses a combination of ice and cold water are added to an athlete once they have been placed in a cold water immersion bag and seal the bag to reduce core body temperature.
3. Taco/ Burrito Method
  - a. Tarp Assisted Cooling Oscillation (TACO) is a method in which a combination of ice and cold water are added to an athlete once they have been placed on a tarp with the edges held up by clinicians to create a physical “taco” for the patient to be encased inside.
  - b. <https://www.youtube.com/watch?v=vonrI4IQOFM&t=38s>