



August 5, 2011

Kansas State High School Activities Association  
PO Box 495  
Attn: Mr. Gary Musselman, Executive Director  
Topeka, KS 66601

RE: Preventing heat-related illness and death connected to school-related activities.

Dear Mr. Musselman;

Back-to-school time is upon us and with it the promise of another productive and successful academic year. As we continue to experience extremely high temperatures, the Kansas Department of Health and Environment (KDHE) hopes that you will join us in reminding all the state school administrators, activities directors and coaches to be extremely cautious and monitor the health of their students as fall sports and activities begin.

The extreme heat has already contributed to illness in hundreds of people in our state and has been a major factor in the death of some of Kansas residents. This week KDHE has received reports of student athletes who have died in other states from heat exhaustion and heat stroke connected to practice activities. We realize that no one wants harm to come to our children but that sometimes we may overlook the warning signs. We are especially concerned that even as the temperatures decline out of triple-digit readings that the combination of temperature, relative humidity and exposure to the sun's rays can negatively affect health. We also wish to remind everyone that the effects of the heat are cumulative and that if proper hydration and nutrition is not available for athletes the results could be disastrous.

Please help us as we seek to protect the health and safety of our Kansas families. Enclosed is a document reminding everyone to play it safe in the heat. We ask that you communicate these safety tips to all member schools and parents.

Thank you in advance for helping us promote safety and good health. If you have any questions, please feel free to contact us.

Sincerely,

Thomas Langer, MPA – Director  
Kansas Department of Health & Environment  
Bureau of Environmental Health