



San Bernardino City Unified School District Cold / Inclement Weather Protocol

PURPOSE:

In January of 2019, San Bernardino County experienced unusually cold weather, prompting the district to establish this cold/inclement weather protocol for the San Bernardino City Unified School District (SBCUSD). The committee consisted of the districts Safety/Emergency Manager (*lead*), SBTA, CSEA, Elementary PE, Secondary PE, Health Services, and Certified Athletic Trainers. This protocol is based on current best practices and covers all general outdoor activities including PE, and field trips. It does not cover High School games under CIF jurisdiction. This protocol should be provided to staff by each site administrator/supervisor.

COLD / INCLEMENT WEATHER RESPONSIBILITIES:

Environmental risks which are all factors of cold weather safety may include air temperature, wind chills, rain/snow, relative humidity, existing medical conditions, and amount of time spent outside. It is the responsibility of parents/guardian's to properly clothe their child(ren). Each site should communicate to families and plan accordingly for school based outdoor activities.

- Planning recess, field trips, PE, or any outdoor activity is determined by the weather. Persons can properly maintain a comfortable body temperature by layering clothing. Beverages help maintain a comfortable body temperature, room temperature is best.
- Younger students, or persons with health conditions such as asthma, Exercise Induced Bronchospasms, known cardiovascular disease or other predisposing factors, and those who are not dressed appropriately for the cold weather are at greater risk of health complications in cold temperatures. These staff/students should be closely monitored.

Principals are encouraged to communicate and remind families to properly dress students with wind breaking jackets, heavy coats, scarves, gloves, and or all clothing necessary for cold weather temperatures. Parents are also encouraged to properly tag their child(rens) clothing for identification. Any questions, or for more information regarding prevention, first aid, cold-related health conditions, contact Safety/Emergency Manager at (909) 381-1192.

WEATHER MONITORING PROCEDURE/NOTIFICATION:

The Safety office is responsible for monitoring weather forecasts, including cold weather. This generally begins three to four days in advance of weather and continues through the weather system using a combination of decline in temperature, wind, and low precipitation to determine the National Weather Service - Wind Chill Index (How cold it feels). Remote monitoring occurs through the use of www.weatherbug.com, National Weather Service (NWS) www.weather.gov and wet bulb temperature gauges. The Safety office monitors several weather stations located on district properties, as well as other local stations, which provide real-time and detailed information.

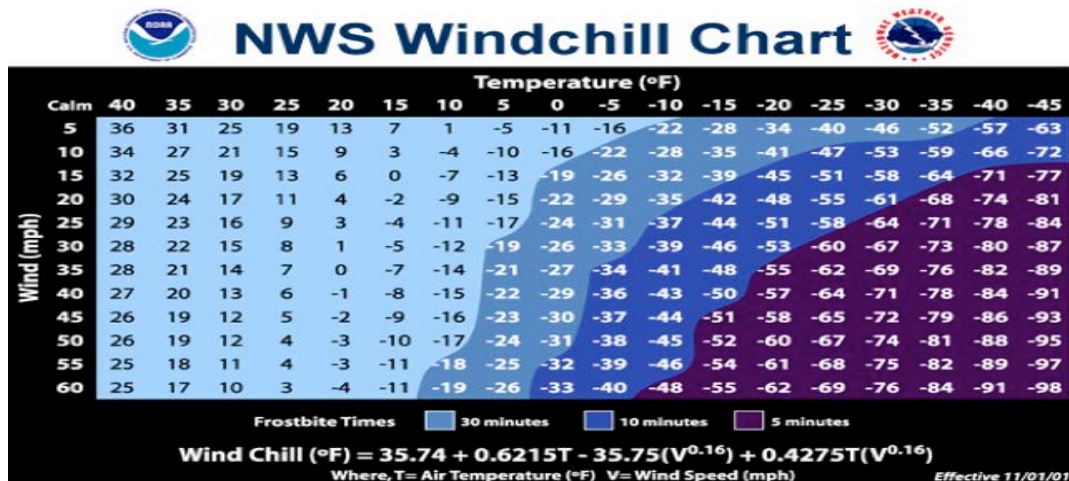
Other weather-related temperature readings such as the weather channel, radio/news broadcasts or cell phone applications (*with the exception of WeatherBug*) are not permitted, as they may not yield accurate results. A cold weather alert is sent from the Safety Office via email to all Managers, Secretaries, PE staff and others when the high temperature is forecast to be 50 degrees or below. This should be disseminated to staff and posted on campus. Sites should then implement their individual cold weather contingency plans.

Updated weather information is provided by the SBCUSD Office of Safety / Emergency Management at www.sbcusd.com/safety, or social media Facebook, Twitter, Instagram. Search: @SBCUSD_OES

CHAIN OF COMMAND / ACTIVITY ADJUSTMENT AUTHORITIES

The decision to cancel, postpone or modify outdoor activities in the event of cold weather / winds may be made by the Site Administrator, Safety / Emergency Manager, Coordinator of Health Services or affected PE Teacher / Coach. The chart below is a guide to determining the Cold weather index, temperature triggers and provides recommendations for response and activity restrictions. If caution is not exercised, conditions could lead to unwanted situations. During PE classes or any activity where being outside is required, teachers should allow students to wear clothes that will keep them warm such as sweats, jacket, long sleeve shirts, beanie, gloves in addition to something that they can be active in, such as their PE clothes.

Using the following scale, activity should be altered and/or eliminated based on the outdoor temperatures and NWS windchill chart



<p style="text-align: center;">50 Degrees</p>	<p>Provide cold weather information to staff. Normal clothing in addition to physical activity should provide adequate warmth to students at this temperature range. The addition of warm clothing, beanies, and gloves may be used in effort to keep warm. Outdoor activities are permitted with staff monitoring students for appropriate clothing, signs of troubled breathing, or other medical distress.</p>
<p style="text-align: center;">35-49 Degrees</p>	<p>Provide cold weather information to staff. Outdoor activities including lunch, recess, and PE should be limited to those with appropriate insulated clothing (i.e. gloves, beanies, pants / leggings, multiple layers). All other outdoor activity without proper insulating clothing should be stopped. Field trips or athletics, such mountain trips, unless appropriate planning for the weather occurred, should be postponed.</p>
<p style="text-align: center;">34 Degrees & Below</p>	<p>Provide cold weather information to staff. Stop all outside activities including recess, lunch, PE. Field trips or athletics, such mountain trips, unless appropriate planning for the weather occurred, should be postponed. Remind staff, students and parents that all extremities should be covered with full finger gloves, full length jackets, pants, long socks, and multiple layers if a student is to be outside for any period of time. Monitor all student and staff for any signs of cold weather stress, frostbite, hypothermia, and any labored breathing.</p>

Hypothermia:

Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6 F (37 C). Hypothermia (hi-poe-THUR-me-uh) occurs as your body temperature falls below 95 F (35 C).

Signs and symptoms of hypothermia include:

- Shivering, slurred speech, mumbling
- Slow, shallow breathing, weak pulse
- Clumsiness or lack of consciousness
- Bright red / cold skin (in infants)
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness

Someone with hypothermia usually isn't aware of his or her condition because the symptoms often begin gradually. Also, the confused thinking associated with hypothermia prevents self-awareness. The confused thinking can also lead to risk-taking behavior. Any questions, or for more information regarding prevention, first aid, cold-related health conditions, contact Safety / Emergency Manager at (909) 381-1192.