

960.1 Guidelines for Student Activities in Adverse Conditions

I. Purpose: This administrative regulation guides the decision making of administrators, coaches and school activity leaders regarding recess and other outdoor activity, athletic practices and competitions, and other student activities when faced with adverse environment conditions, including but not limited to, air quality, cold temperature, and lightning. Coaches and administrators may also rely on these guidelines when deciding whether to participate in Alaska School Activities Association (ASAA) activities under adverse environment conditions. ASAA will back all Regional/Conference rules and guidelines concerning cold temperatures/extreme weather conditions for outdoor activities. A team that does not play a game/meet outside its region due to its Regions/Conferences rules shall not be considered to have forfeited the contest.

II. Procedure:

A. Air Quality

1. The health and safety of students must be considered when particulate levels reach unhealthy levels due to smoke and forest fires, vehicle emissions, or volcanic eruptions. The school district shall rely upon the Fairbanks North Star Borough (FNSB) Air Quality Program standards to guide decision-making.

2. Guidelines for Activities in Adverse Air Quality Conditions

Particulate Levels	Elementary Recess or Other Outdoor Activity	Athletic Practices	Athletic Competitions
a. 81-175 micrograms per cubic meter	Limit prolonged or heavy exertion.	Be aware of potential health dangers. Allow extra recovery time for athletes. Have extra water available. Have cell phone available.	Be aware of potential health dangers. Allow extra recovery time for athletes. Have extra water available. Have cell phone available.
b. 176-300 micrograms per cubic meter	Avoid prolonged exertion. Move indoors.	Move all practices indoors. Student athletes with asthma or other respiratory disorders should be informed and have medications available.	Allowed outdoors with extra precautions. Student athletes with asthma or other respiratory disorders should be informed and have medications available.
c. Above 301 micrograms per cubic meter	Avoid any outdoor activity. Cancel or move indoors.	Postpone or cancel.	Postpone or cancel.

3. The district will consult with FNSB Air Quality personnel and make decisions concerning competitions scheduled for Friday by 9:00 p.m. on Wednesday night and by 9:00 p.m. on Thursday evening for competitions scheduled on the weekend.

4. Principals and activity coordinators will be notified via fax and email if the air quality warrants cancellation of recess, field trips, athletic practices or competitions, or other outdoor activities.

B. Cold Temperature

1. Interior Alaska experiences extreme cold temperatures each winter. Extreme cold temperatures can impact the health and safety of students, staff, other participants and spectators.
2. Guidelines for Activities in Cold Temperatures

Grade Level	Activity	Temperature	Action
a. Elementary	Recess (Cross reference Policy 960.6 Outside Elementary Recess)	Ambient air temperature or wind chill of minus twenty (-20) or colder	Move indoors
b. Elementary K-8	All outdoor competitions, practices, and athletic events	Ambient air temperature or steady wind chill of minus fifteen (-15) degrees or colder	Cancel outdoor competitions and athletic events. Cancel practices or move indoors.
c. Middle School High School	All outdoor competitions, practices, and athletic events	Ambient air temperature or steady wind chill of minus twenty (-20) degrees or colder	Cancel outdoor competitions and athletic events. Cancel practices or move indoors.
d. Elementary K-8 Middle School High School	Field trips and all inside student activities whether in or out of district	Minus thirty (-30) to minus thirty-nine (-39)	Principals' discretion
e. Elementary K-8 Middle School	Field trips, student activities, competitive activities requiring busing	Minus forty (-40) or colder	Cancel
f. High School	Field trips, student activities, competitive activities requiring busing	Minus forty (-40) or colder	Principals' discretion
g. High School	Out of district field trips, student activities, competitive activities, or outside sport activities.	Minus forty (-40) or colder	Cancel if transport by ground. Allowable if transport by commercial airlines

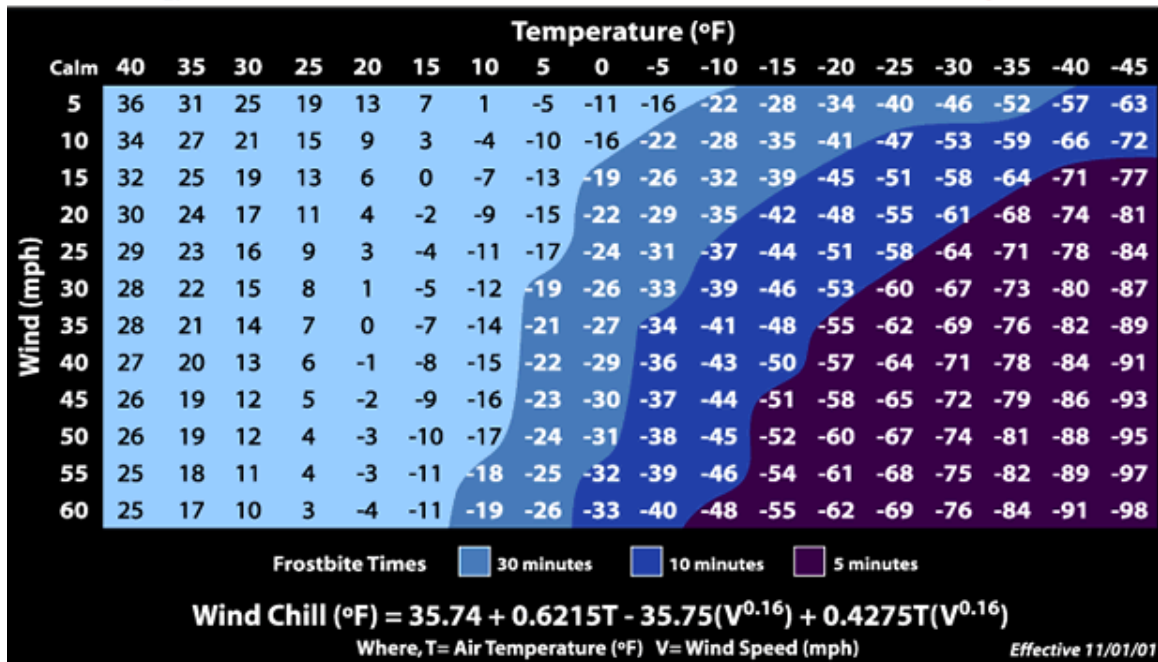
3. The ambient air temperature will be the air temperature recorded or reported at the site of the activity, whether determined by the official temperature recording device of the site (i.e. Birch Hill Ski Weather Box 457-4837) or by hand held thermometers. Official air temperature may also be determined by calling the National Weather Service for current conditions. (458-3745, option 1113) The National Weather Service wind chill chart (see below) shall be consulted for determining the effect of the wind speed on the ambient air

temperature. If reliable weather reports are not available, the following guide may estimate wind velocity:

- a. a 5 mph wind will move a light flag
- b. a 10 mph wind will fully extend the flag
- c. a 15 mph wind will raise a newspaper sheet
- d. a 20 mph wind will drift and blow snow



NWS Windchill Chart



- 4. All students traveling outside the district by ground transportation from October 1 - April 1 must have in their possession the following: winter hat, winter coat, gloves or mittens, boots, snow pants and a winter sleeping bag.

C. Lightning

- 1. Lightning can cause injury and death. Coaches, administrators and leaders of outside activities must be aware of signs indicating thunderstorm development. Risk is always present when lightning can be seen or thunder heard.
- 2. Coaches, activity leaders and onsite administrators are responsible for making the appropriate decisions regarding delay, suspension, cancellation, and resumption of activities due to the threat of or presence of lightning. The decisions will be guided with the health and safety of students, staff, other participants, and spectators in mind. Decision makers shall follow the guidelines for lightning safety established by the National Federation of State High School Associations.
- 3. Guidelines for Lightning Safety

- a. Monitor weather patterns
 - 1) Monitor local weather forecasts and scan the sky for signs of potential thunderstorm activity.
 - 2) A storm watch indicates severe weather may develop.
 - 3) A warning indicates severe weather has been reported.

- b. Assess *flash-to-bang* to determine the distance away of strike
 - 1) Count the number of seconds it takes to hear a clap of thunder after witnessing a flash of lightning. Divide the number of seconds by five (5) to get the distance, in miles, to the lightning flash.
 - 2) If 30-seconds or less flash-to-bang, the lightning strike is within 6 miles; the next strike could be 2-3 miles closer.
 - 3) Generally a 30-second or less flash-to-bang suggests removal of the students from the exposed area to a safe shelter is advisable.

- c. Evacuation to safe structures or shelters
 - 1) The safest structures are fully enclosed, substantial buildings with plumbing, electrical wiring and telephone service. A fully enclosed automobile with hard metal roof and rolled up windows is also reasonable. School buses are an excellent shelter but avoid contact with any metal while inside the vehicle.
 - 2) If unable to reach safe structures, follow these guidelines:
 - a. Avoid being the highest object. Seek out small trees surrounded by taller trees.
 - b. Stay away from freestanding trees, poles, antennas, towers, bleachers, baseball dugouts, metal fences, standing pools of water and golf carts.
 - c. Crouch down with legs together, weight on the balls of feet, arms wrapped around knees, and head down with ears covered.

- d. Apply 30 minute rule before resuming activity
 - 1) Wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another count should begin.

- 4. Reference: Guidelines for Lightning Safety, NFHS Sports Medicine Handbook, 1st ed., National Federation of State High School Associations. <http://www.nfhs.org>

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