

STUDENT WELFARE- STUDENT SAFETY FFF
WEATHER PRACTICES AND OUTDOOR GUIDELINES ADMINISTRATIVE REGULATION

**Outdoor Practices
and Activities**

Eagle Mountain-Saginaw ISD has adopted the following regulations with regards to outdoor and non-air-conditioned indoor activities. EMS ISD uses Perry Weather meteorological readings for temperature, wind chill, wet bulb globe, and lightning. The high school and middle school campuses have "weather stations" that will broadcast audible alerts. The head coach or school/district sponsor of any middle school or high school sport or activity and athletic trainer shall consult with each other as early as possible during an individual day in order for all concerned parties to be notified of possible changes to practice schedules/activities appropriately.

**Secondary Heat and
Cold Guidelines**

The following guidelines are the minimum standard for all outdoor and non-air-conditioned indoor activities within EMS ISD. The use of more stringent practices is up to each individual head coach or school/district sponsor. Outdoor sports/activities include but are not limited to: Football, Cross Country, Baseball, Softball, Soccer, Tennis, Track, Marching Band, Drill Team, and JROTC.

Campus training staff and head coaches or school/district sponsors shall collaborate prior to each practice/activity, held during inclement weather, to discuss specific conditions and planned activities for practice/activity.

**Secondary Heat
Guidelines**

Wet Bulb Globe Temperature (WBGT) is the forecast measurement required by EMS ISD to be used to monitor environmental conditions during secondary outdoor physical activities. EMS ISD utilizes Perry Weather stations that continuously monitor the WBGT. The UIL policy now requires any outdoor athletic and marching band contest, practice, workout, or conditioning session held in WBGT temperature of 80.0 degrees or higher to always have a rapid cooling zone on site and available at all times for full body, rapid cooling of students experiencing heat illness.

The table below represents modified guidelines from the American College of Sports Medicine regarding:

- The scheduling of practices at appropriate WBGT levels
- The ratio of workout time to time allotted for rest and hydration at various WBGT levels
- The WBGT levels at which activities should be terminated

STUDENT WELFARE- STUDENT SAFETY
WEATHER PRACTICES AND OUTDOOR GUIDELINES ADMINISTRATIVE REGULATION FFF

WBGT CHART

Temperature	Practices	Attire	Game	Fine Arts
WBGT < 82.0	Normal Activities: Normal attire. Must provide at least three 3-minute water breaks every hour.			
WBGT 82.0 – 86.9	Use discretion for intense or prolonged exercise. Must provide at least three 4-minute water breaks every hour, preferably in the shade.	Football: remove helmets when possible & during breaks	Follow guidelines	Use discretion for intense or prolonged exercise. Must provide at least three 4-minute water breaks every hour, preferably in the shade.
WBGT 87.0 – 90.0	Maximum 2-hour practice with a 5-minute water break every 20 minutes.	Football: Helmet, shoulder pads & shorts only during practice. Remove helmets and shoulder pads when possible XC: Runners must be in sight of a coach at all times	Follow Guidelines or delay start of game	Maximum 2-hour practice with a 5-minute water break every 20 minutes. Alter attire to loose-fitting, breathable clothing.
WBGT 90.1 – 92.0	Maximum 1-hour practice with 20 minutes of water breaks distributed throughout practice.	Football: No equipment & no conditioning activities XC: Runners must be in sight of a coach at all times	Follow Guidelines or delay start of game	Maximum 1-hour practice with 20 minutes of water breaks distributed throughout practice. Alter attire to loose-fitting, breathable clothing.
WBGT > 92.1	No outside practice, games, or activity until a cooler WBGT is reached.			

**Values in the above chart are WBGT measurements (not temperature or heat index measurements).*

**North Texas follows Class 3 guidelines based on WBGT Regional Classification*

** WBGT practice guidelines and limitations do not apply to UIL competitions. Leadership will monitor WBGT conditions prior to and during the competition and make appropriate and responsible modifications as needed*

STUDENT WELFARE- STUDENT SAFETY FFF
WEATHER PRACTICES AND OUTDOOR GUIDELINES ADMINISTRATIVE REGULATION

Cold Guidelines

This regulation has been developed to protect EMS ISD students, coaches, school/district sponsors, game workers, officials, and fans. In order to maintain consistency, all temperatures will be taken from the district-approved weather source for the campus in question.

The following actions must be taken to modify activity due to cold weather conditions:

Weather Conditions	Athletics/Fine Arts Practices	Attire
Wind chill 32-35°F with precipitation	90 minutes of total exposure with a 15-minute break inside at the 45-minute mark	Majority of extremities must be covered, changed to dry clothing during break
Wind chill 32-35°F without precipitation	90 minutes of exposure	Majority of extremities must be covered
Wind chill below 32°F with precipitation	All practice indoors	Extremities must be covered
Wind chill 25-32°F without precipitation	90 minutes of total exposure with a 15-minute break inside at the 45-minute mark	Extremities must be covered
Wind chill at or below 25°F	No outside practice, games, or activity until a warmer temperature/wind chill is reached	

*At 35°F wind chill, high school students must have extremities covered at the start of practices/workouts. As students warm up, they can remove layers, as per the individual.

Game Play Modifications:

Games/contests postponed due to cold weather will be determined on a case-by-case basis by EMS ISD Administration to ensure safety measures are considered for all participants and spectators. An outside game/contest date will be considered for rescheduling if the following occurs:

- Wind Chill is 25°F or less, with precipitation.
- Wind Chill is less than 20°F, without precipitation.

School Day Modifications:

- Cancellation – full day: No travel or practice unless approved by the athletic director, principal, and/or designee.
- Early dismissal: The athletic director, principal, and/or designee must approve practice. If approved, practices should end early.

STUDENT WELFARE- STUDENT SAFETY

WEATHER PRACTICES AND OUTDOOR GUIDELINES

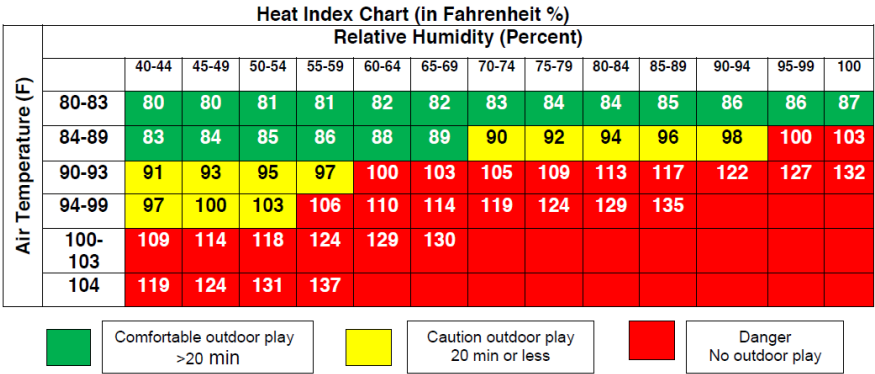
FFF
ADMINISTRATIVE REGULATION

Elementary Heat and Cold Guidelines

Elementary Outdoor Recess/PE will follow the weather guidelines below:

Part of the daily routine in schools is monitoring the weather in order to plan for students’ recess/PE playtime, field trips, and educational activities. The guidelines provided below are based on the National Weather Service and give information to teachers and staff as they plan for educational and recreation activities throughout the school day. Teachers will use an approved weather app and/or check websites for current weather conditions when making decisions regarding outdoor physical activity time for students.

Elementary Heat Guidelines



- Keep in mind that temperature and humidity combined determines the possible risk of heat related injury for students.
- Green conditions are acceptable for 30 minutes or more of outdoor play and yellow conditions are acceptable for 15 minutes or less.
- Students should drink plenty of water before, during and after exercise.
- Students should be allowed to take frequent water breaks and rest as needed.
- Hats are recommended for fair complexions or students with skin conditions.

Elementary Cold Guidelines

EMS ISD follows the wind chill reading of 25°F for the minimum outdoor temperature during recess breaks. However, good judgement should be used if there is a wind chill factor that fluctuates during a given recess period.

STUDENT WELFARE- STUDENT SAFETY
WEATHER PRACTICES AND OUTDOOR GUIDELINES ADMINISTRATIVE REGULATION

Wind Chill Factor Chart (in Fahrenheit)	
Wind chill 32-35°F without precipitation	Outdoor play up to 90 minutes with extremities covered
Wind chill 25-32°F without precipitation	Outdoor play 20 minutes or less with extremities covered
Wind chill 25°F and below	No outdoor play

- Green conditions are appropriate for 30-minute recess periods, and yellow conditions are appropriate for outdoor time of least 20 minutes.
- Students should be dressed properly for the forecasted weather when coming to school each day.

Heat Related Injury Information

Heat Exhaustion	Heat Stroke
Symptoms: • Pale and clammy skin, profuse perspiration • Rapid and weak pulse • Tiredness, weakness, headache, nausea • Loss of coordination, dizziness, or fainting • Persistent muscle cramps	Symptoms: • Core temperature of 104°F or higher • Hot, flushed, dry skin • Rapid and strong pulse • May be unconscious • Seizures • Confusion and combativeness • Emotional instability, irrational behavior, decreased mental acuity
Steps to Follow: 1. Have the person lay down in a cool, quiet place. 2. Loosen clothing. Remove if tight or heavy. 3. Call school nurse or athletic trainer. 4. Apply cool, wet cloths or sponge with cool water. 5. Give sips of cold fluids. 6. Raise the legs above heart level. 7. Notify parent/guardian. 8. Call Emergency Services (911) if condition worsens or person shows signs of shock.	Steps to Follow: 1. Call Emergency Services (911) and school nurse/athletic trainer. 2. Place in a cool, quiet place. 3. Remove outer clothing. 4. Take temperature (core), if possible. 5. If conscious, give sips of cold fluids. 6. Notify parent/guardian. 7. Cold water immersion (use ice bags if unavailable). 8. Transport to ER.

STUDENT WELFARE- STUDENT SAFETY FFF
WEATHER PRACTICES AND OUTDOOR GUIDELINES ADMINISTRATIVE REGULATION

Air Quality Guidelines

The Air Quality Index, or AQI, is a scale used to report actual levels of ozone and other common pollutants in the air. The higher the AQI value, the greater the health concerns. Shown below are the recommended guidelines set for each ozone level by the National Environmental Protection Agency concerning outdoor activity. Each teacher or other employee taking children out of the building is responsible for checking current ozone levels and is responsible for abiding by these guidelines. See below for resources to obtain this information.

Air Quality Index (AQI) Chart

The following precautions should be observed on all campuses:

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
<i>When the AQI is in this range:</i>	<i>..air quality conditions are:</i>	<i>...as symbolized by this color:</i>
0-50	Good	Green
51-100	Moderate	Yellow
101-150	Unhealthy for Sensitive Groups	Orange
151 to 200	Unhealthy	Red
201 to 300	Very Unhealthy	Purple
301 to 500	Hazardous	Maroon

Index Values / Descriptors / Cautionary Statements for Ozone

	All students may participate in outdoor activity.
	All students may participate in outdoor activity; however, students with known or suspected sensitivities should be limited to 20 minutes or less of outdoor recess/physical education.
	Limit outdoor activity to low levels for no more than 20 minutes for all students.
	All students should be kept indoors.

Lightning Guidelines

10-Mile Rule

Criteria for the Suspension/Resumption of Athletic Activities:

Criteria for suspension of activities: When the lightning detector indicates lightning strikes at a range of 10 miles or less from the venue, all individuals should evacuate to a safe shelter.

STUDENT WELFARE- STUDENT SAFETY FFF
WEATHER PRACTICES AND OUTDOOR GUIDELINES ADMINISTRATIVE REGULATION

Criteria for resumption of activities: Wait at least 30 minutes after the last indication of lightning in the 10-mile range before leaving the safe shelter to resume activities. This is indicated by the “All Clear” alert from the EMS ISD Perry Weather system.

Criteria for students traveling to classes outside of the main school building: Campus administration will communicate immediately and frequently to report current weather conditions and campus action steps will be taken. The decision to keep students and staff in the main school building during severe weather can be made by, but is not limited to, the following staff:

- Campus Principal or designee
- Appropriate District-Level Administrator

Criteria for students using school transportation: Bus riders arriving at school during severe weather conditions may be required to remain on the bus until the severe weather has cleared. Bus riders awaiting transportation during severe weather may be required to remain in the building until it is safe for them to get on the bus.

30-Minute Rule

The thirty-minute rule can be explained in another way. A typical thunderstorm moves at the rate of approximately 25 miles per hour. Experts believe that 30 minutes allows the thunderstorm to be about 10-12 miles from the area, minimizing the probability of a nearby and therefore, dangerous lightning strike. A blue sky in the local area or a lack of rainfall is not an adequate reason to breach the 30-minute return to play rule. Lightning can strike far from where it is raining, even with the clouds beginning to clear and a blue sky. This situation is often referred to as the “bolt out of the blue.”

Each time lightning is indicated in the 10-mile range, the 30-minute clock will be reset.

Outdoor Warning System

To encourage lightning safety, EMS ISD has installed lightning alert systems at each high school and middle school campus. The system provides audible and visual alerts when lightning is within close proximity (10 miles or less) to the venue, so participants and spectators can take necessary lightning safety precautions. The audible alert and the “lightning delay” announcement will occur once at the first 10-mile proximity strike while the strobe light will remain active until the all-clear (typically 30 minutes). Three short audible alerts followed by a “lightning all clear” announcement will indicate an all-clear.

STUDENT WELFARE- STUDENT SAFETY FFF
WEATHER PRACTICES AND OUTDOOR GUIDELINES ADMINISTRATIVE REGULATION

**Resources and
References**

- | | |
|------------------------|---|
| Mobile devices or Apps | <ul style="list-style-type: none">• DFW Weather – provides current temperatures, humidity and radar.• AIRNow – provides current ozone levels for your zip code.• Perry Weather – Internet-based weather system utilized by EMS ISD |
| Websites | <ul style="list-style-type: none">• https://www.tecq.texas.gov/airquality/monops/forecast_today.html (provides numeric value of current ozone levels on a Texas map to correlate with the chart above)• www.nbc5i.com• www.wfaa.caom/weather• https://koreystringer.institute.uconn.edu/infosheets/• https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf |
| References | <ul style="list-style-type: none">• National Weather Service Guidelines for Children• Centers for Disease Control (CDC), Atlanta, Georgia• National Athletic Trainers' Association• University Scholastic League• Korey Stringer Institute |