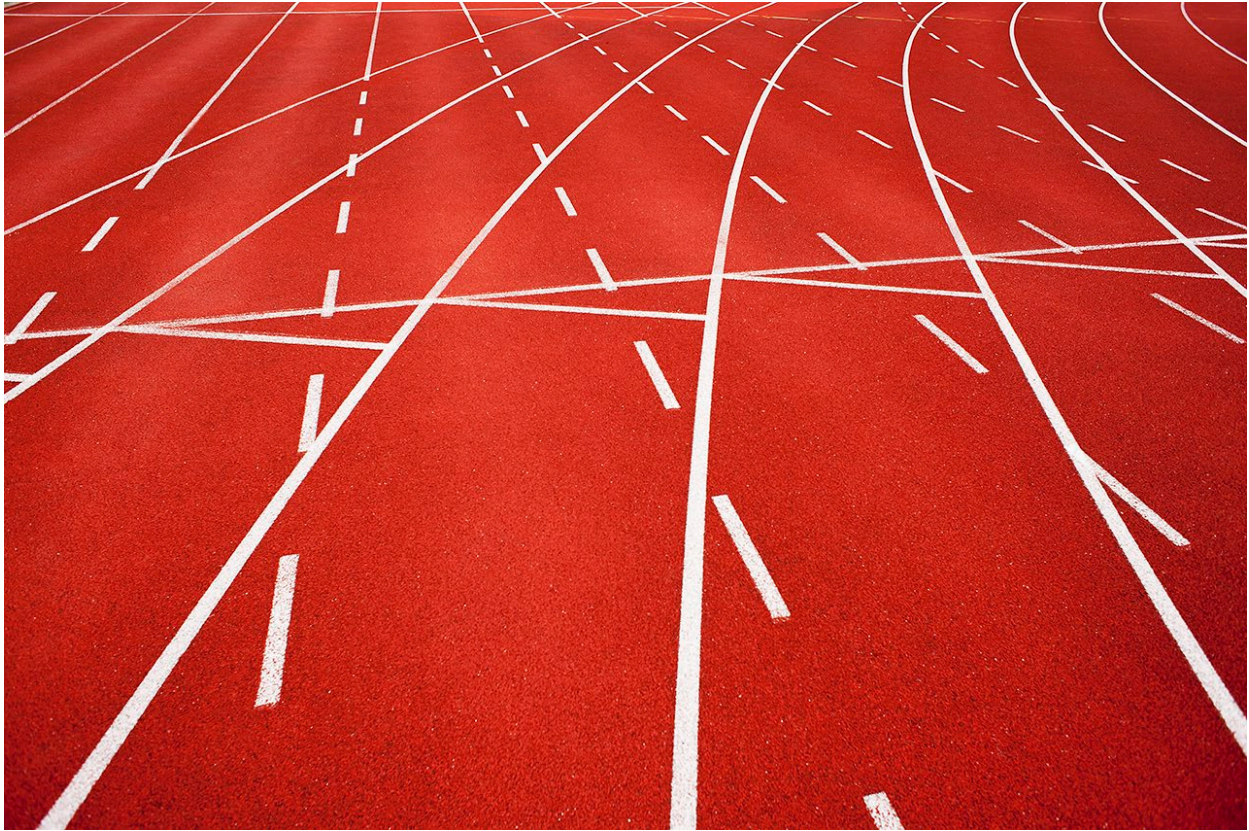


Killeen Independent School District
Athletic Weather & Safety Procedures





This handbook is to provide coaches and administrators guidelines in case of severe weather conditions. Severe weather and emergency situations may arise at any time during athletic events. Since the weather is unpredictable, you can never give exact guidelines. Good common sense should also be utilized. Severe weather is defined as any weather-related situation requiring all athletes and spectators to move to safe shelter. Expedient action must be taken to prevent life- threatening conditions. Student safety takes priority over the completion of an athletic event.

Coaches, Athletic Trainers, and Administrators are advised to review the following guidelines to be prepared should a severe weather situation arise.



Safe Shelter (defined by UIL):

A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dugout), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.

1. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
2. It is not safe to shower, bathe, or talk on landline phones while inside of a safe shelter during thunderstorms. (Cell phones are okay.)

Killeen ISD Athletics contracts with Perry Weather for weather watches and alerts.

Lightning Monitoring Options:

Flash-to-Bang:

To use the flash-to-bang method, begin counting when sighting a lightning flash. Counting stops when the associated bang (thunder) is heard. Divide this count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of thirty seconds equates to six miles. Lightning has struck from as far away as ten miles from the storm center.

Perry Weather:

Perry Weather will send text alerts to assigned personnel that will alert staff when lightning is within a 10-mile radius of location. An “all clear” alert will be sent when lightning is no longer within 10-mile radius for at least 30 minutes.

The UIL Lightning Safety policy will be followed.

If severe weather and / or lightning are detected, an announcement will be made to clear the fields and proceed to safe shelter. Safe shelter locations are listed in the table for each school or activity site.

Athletes and coaches will proceed to the nearest building. The coaches will provide an area for visiting teams and coaches. Spectators must be advised to clear the fields and proceed to safe shelter.

1. Follow the Chain of Command Chart below that identifies who is to make the call to remove individuals from the field.
2. Name a designated weather watcher - a person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous. (Athletic Trainer, Head Coach, Athletic Administrator)
3. Have a means of monitoring local weather forecasts and warnings. (See List of Options Above)
4. Designate a safe shelter for each venue.
5. Use the flash-to-bang count (Described above) to determine when to go to safety. See method of determining flash-to-bang count below. Or use Perry Weather Text Alerts for updates on weather procedures.
6. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash within a 10-mile radius before resuming an activity or returning outdoors. Once there has been on Lighting Strike for 30 minutes, play may resume.
7. Avoid being at the highest point in an open field, in contact with, or in proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
8. Assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.

Observe the following basic first aid procedures in managing victims of a lightning strike:

- Activate local EMS, get AED.
 - Lightning victims do not "carry a charge" and are safe to touch.
 - If necessary, move the victim with care to a safer location.
 - Evaluate airway, breathing, and circulation, and begin CPR if necessary.
 - Evaluate and treat for hypothermia, shock, fractures, and/or burns.
9. All individuals have the right to leave an athletic site to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.



Chain of Command

In the Event of Sever Weather, the Chain of Command will be followed in this order if in attendance:

1. Athletic Trainer/Game Administrator
2. Head Coach / Assistant Coach
3. Game Officials

If the Athletic Trainer is not in attendance, the Head Coach will assign a staff person to monitor the weather.

NOTE: Athletic Administration must be contacted prior to any events being cancelled.

Staff Responsibilities:

- Have cell phone available on field in case of emergency
- Designate staff person to meet and direct EMS to scene of emergency
- Have gate keys available in case of emergency
- Accompany any injured student or district personnel to the hospital if needed
- Notify parents, guardians or next of kin. Inform administration
- Complete appropriate documentation

Police and Administrators must make sure that emergency entrances remain open and clear of obstructions during games.



Cold Weather Guidelines for Outdoor Athletic Events

The health and safety of our students and staff members is the primary concern of all decisions made regarding practicing in extreme cold. Coaches must use good judgment when making decisions about practicing outdoors in extremely cold weather. The following guidelines have been established to provide a safe and healthy environment for our students that are participating in outdoor activities. *It is the responsibility of all coaches and athletic trainers to ensure these guidelines are being followed.*

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. Temperatures do not have to be freezing to be harmful. Individuals participating in outdoor activity in cold, wet, or windy conditions are at risk for environmental cold injuries.

Signs of Cold Exposure:

- Breathing of cold air can trigger asthma attack
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

Signs of Cold Recognition:

- Shivering, a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

Cold Weather- NO PRECIPITATION

Cold Weather Recognition: When the wind-chill (which is lower than actual temperature) is from 35°F-30°F.

- No modification of practice, but a warning will be given to coaches and athletes.
- Coaches and Athletic Trainers should emphasize the importance of following the UIL Cold Weather Illness Recommendations.
- Keep a very close watch on those “high risk” athletes.

Cold Weather Caution: When the wind chill is from 30°F-25°F.

- Instruct athletes on how to properly dress for the cold weather- warm-ups, hoods/knit caps, and gloves if athlete has them
- Warm-up (stretching, etc.) will start indoors, if possible, to reduce amount of time outdoors.
- Practice should keep an individual moving, and all involved.
- Provide rewarming opportunities indoors.

Cold Weather Alert: When the wind chill is from 25°F-20°F.

- Instruct athletes on how to properly dress for the cold weather.
- Warm-up (stretching, etc.) will start indoors, if possible, to reduce the amount of time outdoors.
- Practice time outdoors should be limited to 60 minutes with time to return indoors to rewarm, a minimum of 10 minutes.

Cold Weather Warning: When the wind chill is below 20°F.

- No Outside Practice
- Games are subject to cancelation/rescheduling and will be determined by Athletic Director, with consultation of the Athletic Trainer and Head Coach.

Cold Weather- With PRECIPITATION

Cold Weather Recognition: When the wind-chill (which is lower than actual temperature) is from 40°F-35°F.

- No modification of practice, but a warning will be given to coaches and athletes.
- Coaches and Athletic Trainers should emphasize the importance of following the UIL Cold Weather Illness Recommendations.
- Keep a very close watch on those “high risk” athletes.

Cold Weather Caution: When the wind chill is from 35°F-30°F.

- Instruct athletes on how to properly dress for the cold weather- warm-ups, hoods/knit caps, and gloves if athlete has them
- Warm-up (stretching, etc.) will start indoors, if possible, to reduce amount of time outdoors.
- Practice should keep an individual moving, and all involved.
- Provide rewarming opportunities indoors.

Cold Weather Alert: When the wind chill is from 30°F-25°F.

- Instruct athletes on how to properly dress for the cold weather.
- Warm-up (stretching, etc.) will start indoors, if possible, to reduce the amount of time outdoors.
- Practice time outdoors should be limited to 60 minutes with time to return indoors to rewarm, a minimum of 10 minutes.

Cold Weather Warning: When the wind chill is below 25°F.

- No Outside Practice
- Games are subject to cancelation/rescheduling and will be determined by Athletic Director, with consultation of the Athletic Trainer and Head Coach.

Cold Weather Termination:

DRY - When temperature or wind chill reaches below 20°F, there may be a termination of outside practices and games.

WET – When temperature or wind chill reaches 25°F or below, there may be termination of outside practices and games.



Hot Weather Guidelines for Outdoor Athletic Activities

Coaches must use good judgment when making decisions about practicing outdoors in extremely hot weather. The following guidelines have been established to provide a safe and healthy environment for our students who are participating in outdoor activities. *It is the responsibility of all coaches and athletic trainers to ensure these guidelines are being followed.*

Heat index of less than 100:

- No restrictions

Heat index of 100-105:

- High school workouts limited to 2 hours, 5-minute break every 30 minutes.
- Middle school workouts limited to 1 1/2 hours, 5-minute break every 30 minutes.
- Cross country must stay within sight of coach; 5-minute water break every 30min.
- Conditioning for football should take place without helmets and shoulder pads.
- Athletes allowed to remove helmets if not actively participating.
- Unrestricted access to water always.

Heat index of 106-110:

- High school workout limited to 1 1/2 hours, 5-minute break every 30 minutes
- Middle school workouts limited to 1 1/2 hours, 5-minute break every 30 minutes
- Cross Country must stay within sight of coach; limit runs to half distance with water break in middle of workout
- Unrestricted access to water always
- Football- Shells
- Conditioning should take place without helmets/shoulder pads and not exceed 10 minutes
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or repercussions

Heat Index of 111-115:

- Shorts and T-shirts, helmets for football workouts
- Practice shortened to 1 ½ hours
- Unrestricted access to water always
- Cross Country must stay within sight of coach; limit runs to 30min with break in middle
- 15-minute break every hour
- Conditioning should take place indoors
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or repercussions

Heat index of greater than 115:

- No outdoor workout



Air Quality Index and Modifications

Air Quality

The US Environmental Protection Agency (EPA) has provided a scale called the Air Quality Index (AQI) for rating air quality. The AQI scale is based on the National Ambient Air Quality Standards.



AQI 0-100 (GREEN and YELLOW)

- No Modification to Workouts.

AQI 100-150 (ORANGE)

- Those with respiratory issues move indoors, all others limit workouts to 90 minutes.

AQI 150-200 (RED)

- All activities moved indoors.

AQI 200+ (PURPLE and MAROON)

- ALL Activities Canceled.

NATA Position Statements

Lightning

<http://natajournals.org/doi/pdf/10.4085/1062-6050-48.2.25>

Cold

<http://natajournals.org/doi/pdf/10.4085/1062-6050-43.6.640>

Heat

<http://natajournals.org/doi/pdf/10.4085/1062-6050-50.9.07>

Emergency Procedures / Protocols

In case of an emergency and 911 needs to be activated, the following protocols need to be followed:

1. Call 911 to activate EMS
2. Request EMS personnel to the address of the facility
3. Say the following:

“We have an injured person that needs emergency treatment”

4. Provide EMS the following information:
 - a. Name of person calling
 - b. Number of victims and their condition
 - c. First aid treatment initiated
 - d. Specific information to locate emergency scene.