

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

OUTDOOR
PRACTICES
AND ACTIVITIES

EMS ISD has adopted the following regulations with regards to outdoor and non-air conditioned indoor activities. The athletic trainers at each high school may be consulted for the official temperature and the proper course of action for each day. 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.

The following policies are the minimum standard for all outdoor and non-air conditioned indoor activities within the EMS ISD realm. The use of more stringent policies 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 sponsor shall collaborate prior to each practice/activity to discuss specific conditions and planned activities for practice/activity.

HEAT
GUIDELINES

When temperatures reach 96-99 degrees or heat index rises to 104 degrees:

All Outdoor
Sports/Activities

Practices/Activities will include a 5 minute break every 30 minutes of practice/activity in shade if possible. Practice/Activity is not to exceed 2 hours total outdoor time. Water should be available at all times during practice/activity.

Football

Helmets off during breaks

Cross Country

Runners should run a course where all athletes can be monitored by a coach at all times.

Marching Band

Students should practice where all students can be monitored by a band director at all times.

Drill Team

Students should practice where all students can be monitored by a drill team sponsor at all times.

When temperatures reach 100-103 degrees or heat index is between 105-109 degrees:

All Outdoor

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Sports/Activities	Practices/Activities will include a 5 minute break every 30 minutes of practice/activity in shade if possible. Practice/Activity is not to exceed 2 hours total outdoor time. Water should be available at all times during practice.
Football	Shorts and shoulder pads for practice. Helmets and shoulder pads off during breaks.
Cross Country	Runners should run a course where all athletes can be monitored by a coach at all times, preferably on campus.
Marching Band	Students should practice where all students can be monitored by a band director at all times.
Drill Team	Students should practice where all students can be monitored by a drill team sponsor at all times.

When the temperature is between 103-105 degrees or heat index is between 110-118 degrees:

Middle School Activities:

ALL outdoor practices/activities should be cancelled or postponed.

High School Activities:

All Outdoor Sports/Activities	Practices/Activities will include a 5 minute break every 15 minutes of practice/activity in shade if possible. Practice/Activity is not to exceed 1.5 hours total outdoor time. Water should be available at all times during practice.
Football	Practices will be in t-shirts and shorts with helmet. Helmets off during breaks.
Cross Country	Runners should run a course where all athletes can be monitored by a coach at all times, preferably on campus.
Marching Band	Students should practice where all students can be monitored by a band director at all times.

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Drill Team Students should practice where all students can be monitored by a drill team sponsor at all times.

When the temperature reaches 106 degrees or the heat index is over 119 degrees: OUTDOOR PRACTICES/ACTIVITIES SHOULD BE CANCELLED OR RESCHEDULED.

COLD
GUIDELINES

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

- If the temperature is equal to or below 35 degrees F., follow guidance from EMS ISD Communications and/or EMS ISD Athletic Department.
- If the temperature is equal to or below 32 degrees F. at 2:00 p.m. or during the time of an activity prior to 2:00 p.m. as in the case of many earlier practices or tournament events: All outdoor practices/activities and sub-varsity games should be cancelled or moved indoors.
- If the temperature is equal to or below 30 degrees F. at 2:00 p.m. or during the time of an activity prior to 2:00 p.m. as in the case of many earlier practices/activities or tournament events: All outdoor activities for the day including varsity games should be cancelled or moved indoors.
- If there is a case where neither of the above is true, but the wind chill is equal to or below 20 degree F., then this will meet the same requirements as a 30 degree F. temperature reading.

Anytime the temperature falls below 50 degrees F, appropriate protective clothing should be worn.

ELEMENTARY
HEAT AND COLD
GUIDELINES

Elementary Outdoor Recess/PE will follow the LiINK Weather Guidelines below:

Part of the daily routine in schools is to monitor the weather in order to plan for students' playtime, field trips and educational activities. The guidelines discussed below are based on the National Weather Service and will provide information to teachers and staff as they plan for educational and recreation activities throughout the school


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day. Teachers are encouraged to use apps and/or check websites for current weather conditions when making decisions regarding outdoor physical activity time for students.


Principal discretion is encouraged based on campus location.

HEAT
GUIDELINES


		Heat Index Chart (in Fahrenheit %)												
		Relative Humidity (Percent)												
Air Temperature (F)		40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100
	80-83	80	80	81	81	82	82	83	84	84	85	86	86	87
	84-89	83	84	85	86	88	89	90	92	94	96	98	100	103
	90-93	91	93	95	97	100	103	105	109	113	117	122	127	132
	94-99	97	100	103	106	110	114	119	124	129	135			
	100-103	109	114	118	124	129	130							
	104	119	124	131	137									



Comfortable outdoor play
>20 min



Caution outdoor play
20 min or less



Danger
No outdoor play

- Keep in mind that temperature and humidity combined determines the possible risk of heat related injury for students.
- The LiiNK unstructured outdoor breaks are 15 minutes each which meets the 20 minutes or less for the yellow temperatures. Green and yellow conditions are acceptable.
- 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.

Regardless of the temperature, please refer to district policies for parent requests that their child not participate in physical activity due to the heat.

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HEAT RELATED
INJURY
INFORMATION

Heat Exhaustion	Heat Stroke
Symptoms: <ul style="list-style-type: none">• Normal body temperature• Pale and clammy skin, profuse perspiration• Rapid and weak pulse• Tiredness, weakness, headache, nausea	Symptoms: <ul style="list-style-type: none">• High temperature• Hot, flushed, dry skin• Rapid and strong pulse• May be unconscious
Steps to Follow: <ol style="list-style-type: none">1. Have person lay down in a cool, quiet place.2. Loosen clothing. Remove if tight or heavy.3. Call school nurse.4. Apply cool, wet cloths or sponge w/ cool water.5. Give sips of cold water.6. Notify parent.7. Call EMS (911) if condition worsens or person shows signs of shock.	Steps to Follow: <ol style="list-style-type: none">1. Call school nurse/EMS (911)2. Place in a cool, quiet place.3. Remove outer clothing.4. Apply cold, wet cloths or sponge w/ cold water.5. Take temperature.6. If conscious, give sips of cold water.7. Notify parent.

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 will be responsible for abiding by these guidelines. See below for resources to obtain this information.

The following precautions should be observed on all campuses:

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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

Refer to District policy for lightning guidelines.

COLD WEATHER
GUIDELINES

LiINK follows the wind chill or actual temperature reading of 13 degrees for the minimum outdoor temperature during recess breaks. However, good judgement should be used if there is a wind chill factor that is fluctuating in a given recess time period.

Wind-Chill Factor Chart (in Fahrenheit)

Air Temperature (F)	Wind Speed in mph									
		0-4	5-9	10-14	15-19	20-24	25-29	30-34	35-39	>40
	>40	40	36	34	32	30	29	28	28	27
	30-39	30	25	21	19	17	16	15	14	13
	20-29	20	13	9	6	4	3	1	0	-1
	10-19	10	1	-4	-7	-9	-11	-12	-14	-15

Comfortable outdoor play
>20 min

Caution outdoor play
20 min or less

Danger
No outdoor play

- Green and yellow conditions are appropriate for outdoor time at least 20 minutes at a time so none of the outdoor breaks are in jeopardy with these two colors.

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- Students should be dressed properly.

WIND-CHILL FACTOR
CHART
(IN FAHRENHEIT)

Mobile devices/apps:

- DFW Weather – provides current temperatures, humidity and radar.
- AIRNow – provides current ozone levels for your zip code.

Websites:

- http://www.tceq.state.tx.us/cgi-bin/compliance/select_curlev.pl - provides numeric value of current ozone levels on a Texas map to correlate with the chart above.
- www.nbc5i.com
- www.wfaa.caom/weather

References:

- National Weather Service Guidelines for Children
- Iowa Department of Public Health
- Healthy Childcare Iowa
- Centers for Disease Control (CDC), Atlanta, Georgia