

LISD Athletic Department Environmental Policy

Due to the number of risks possible when participating in extreme weather, the following policy has been developed to protect the students, employees, officials, and supporters of LISD. This policy sets a minimum standard for all outdoor activities, but an individual head coach can use a more stringent policy. The athletic trainer can be consulted for the official temperature and proper course of action. Whenever possible, the head coach of any middle school or high school sport and the athletic trainer should 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 or activities appropriately. In order to maintain consistency, all temperatures will be taken from the LISD subscribed weather service (Perry Weather). The national weather service (NOAA) website can be used as a backup. www.weather.gov

Cold Stress:

If the temperature is equal to or below 32 degrees F

All middle school outdoor activities including games should be canceled or moved indoors.

If the temperature is equal to or below 25 degrees F

All sub-varsity outdoor activities including games should be canceled or moved indoors.

Varsity games postponed due to cold weather will be determined on a case-by-case basis by LISD Administration.

Postponed games will be determined by the head coach of the outdoor sport and the Athletic Directors. An outdoor sport game should be considered for cancellation/postponement when: WIND CHILL is equal to or below 22 degrees F with precipitation or 20 degrees F without precipitation

		AIR TEMPERATURE (F)																		
		50	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40
WIND SPEED (mph)	5	48	42	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57
	10	46	40	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66
	15	45	38	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71
	20	44	37	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74
	25	43	36	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78
	30	42	35	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80
	35	41	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82
	40	41	34	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84
	45	40	33	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86
	50	40	33	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88
	55	40	32	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89
	60	39	32	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91
	65	39	32	24	17	10	2	-5	-12	-19	-27	-34	-41	-49	-56	-63	-70	-78	-85	-92
	70	38	31	24	16	9	2	-6	-13	-20	-27	-35	-42	-49	-57	-64	-71	-79	-86	-93
	75	38	31	23	16	9	1	-6	-13	-21	-28	-36	-43	-50	-58	-65	-72	-80	-87	-95
	80	38	30	23	16	8	1	-7	-14	-21	-29	-36	-44	-51	-59	-66	-73	-81	-88	-96
85	38	30	23	15	8	0	-7	-15	-22	-30	-37	-44	-52	-59	-67	-74	-82	-89	-97	
90	37	30	22	15	7	0	-8	-15	-23	-30	-38	-45	-53	-60	-68	-75	-83	-90	-98	
95	37	29	22	14	7	-1	-8	-16	-23	-31	-38	-46	-53	-61	-68	-76	-84	-91	-99	
100	37	29	22	14	6	-1	-9	-16	-24	-31	-39	-47	-54	-62	-69	-77	-84	-92	-100	

Approx frostbite times 30 min 10 min 5 min

Anytime the temperature falls below 50 degrees it is strongly suggested that athletes and coaches wear appropriate clothing to protect themselves from the wind and temperatures whenever possible.

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Heat Stress:

When temperature is above 105-109 degrees or heat index is between 113-119 degrees:

Middle School- All outdoor practices should be canceled or postponed.

High School

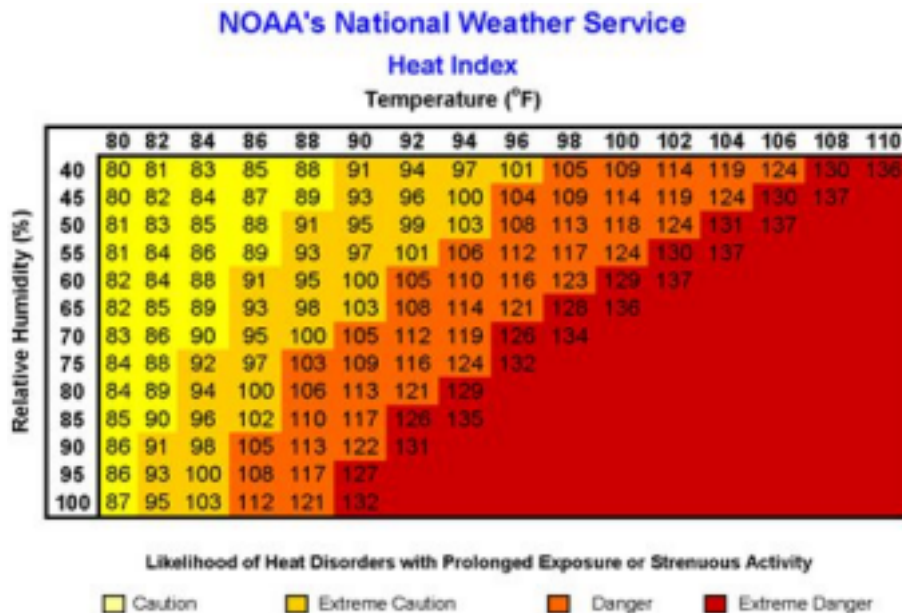
All Outdoor Sports- No turf field practice. Practices will include a 5 minute break every 15 minutes of practice in shade if possible. Practice is not to exceed 1.5 hours total outdoor time. Water should be available at all times during practice.

Football- Practice will be in t-shirt and shorts with helmet. Helmets off during breaks. No Cardiovascular Conditioning.

Cross Country- Runners should run a course where all athletes can be viewed by a coach at all times, preferably on campus.

When the temperature reaches 110 degrees or heat index is over 120 degrees.

All outdoor practices should be canceled or rescheduled



Heat Illness / Cool Zones :

In accordance with UIL Heat Stress and Athletic Participation Recommended Plan, UIL approved **Wet Bulb Globe Temperature (WBGT)** as the recommended forecast measurement to be used to monitor environmental conditions during outdoor physical activities. The American College of Sports Medicine has recommended WBGT guidelines that dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures to prevent Exertional Heat Stroke.

Rapid cooling zones must be available for each outdoor athletic contest, workout, or conditioning session that is held in **wet bulb globe temperatures of 80 degrees or higher**. Rapid cooling zones are required to have immediate availability of cold-water immersion tubs or tarps that can be filled with ice and water and wrapped around individuals to rapidly cool internal body temperature (TACO method) and are encouraged to include a combination of the following options: ice sponges, towels, water misters, and shade. The presence of an employee or volunteer trained to administer cold-water immersion is recommended.

WBGT Activity Guidelines		
Class 3	Class 2	Activity Guidelines
< 82.0	<79.7	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0 - 86.9	79.7 - 84.6	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.0 - 90.0	84.7 - 87.6	Maximum practice time is 2 hours; For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 92.0	87.7 - 89.7	Maximum practice time is 1 hour; For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥92.1	≥89.8	No outdoor workouts. Delay practices until a cooler WBGT is reached.

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

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Lighting Safety:

- In the event of inclement weather, the athletic trainer on duty will observe the weather through visual observation, monitor radar and weather sites. In the event that an athletic trainer is not present this duty becomes that of the head coach and coaches. Lightning readings will be taken from the LISD subscribed weather service (Perry Weather).
- If inclement weather is observed during a game, the athletic trainer will notify the head coach, officials, school administrator, and if possible the visiting teams' athletic trainer.
- The chain of command that will make the call to remove individuals from the field will be as follows
 - Practice: The athletic trainer and the head coach will make the call. If an athletic trainer is not present, the head coach will make the call to remove the individuals from the field.
 - Games: The official along with the school administrators will make the call, with the recommendation of the athletic trainer. If a school administrator is not present, the official and the head coach will make the call.
- Criteria for suspension of activities: When monitoring systems indicate a lightning strike within 8 miles all individuals should evacuate to a safe shelter.
- In the event of inclement weather becoming threatening and individuals being removed, they should retreat to a safe structure until the all clear. A safe structure is defined as any fully enclosed, substantial building. Ideally, the building should have plumbing, electrical wiring and telephone service. Safe structures would be the weight room/ turf room with the doors closed, the gyms, the cafeteria, or fieldhouse. Dugouts and under grandstands are **NOT** a safe structure. A secondary choice is a fully enclosed vehicle with windows completely closed.
- Criteria for resumption of activities: Wait at least 30 minutes after the last lightning strike within the 8 mile range before leaving the safe shelter and resuming activities. 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. Each time lightning is observed within the warning range the 30 minute clock should be reset.
- Perry Weather:
 - All outdoor sport head coaches and athletic trainers are set to receive text message alerts for dangerous inclement weather (possible tornadoes, dangerous thunderstorms, hail, lightning), as well as precipitation alerts and National Weather Service Bulletins.
 - Lighting Alerts are set as follows:
 - Warning- strikes within 8 miles
 - Caution- strikes from 8-15 miles
 - Advisory- strikes from within 15-25 miles
 - All Clear- 30 minutes after last strike

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This policy has been adapted from the following sources:

- National Athletic Trainers Association (NATA) Position Statement: Environmental Cold Injuries ● National Athletic Trainers Association (NATA) Position Statement: Exertional Heat Illnesses (Sept 2002) ● National Athletic Trainers Association (NATA) Position Statement: Lightning Safety for Athletic and Recreation March 2013)

- <http://www.nata.org/position-statements>

- Occupational Safety and Health Administration (OSHA) Cold Stress Guide

- <https://www.osha.gov/SLTC/emergencypreparedness/guides/cold.html>

- Occupational Safety and Health Administration (OSHA) Heat Stress Guide

- <https://www.osha.gov/SLTC/emergencypreparedness/guides/heat.html>

- University Interscholastic League: Cold Weather Illness

- <https://www.uiltexas.org/health/info/cold-weather-illness>

- University Interscholastic League: Heat Stress & Athletic Participation

- <https://www.uiltexas.org/health/info/heat-stress-and-athletic-participation>

- University Interscholastic League: Lighting Safety

- <https://www.uiltexas.org/health/info/lightning-safety>

